

COVID-19 Immunization in Pregnancy:

What you need to know

What are the risks of being infected with COVID-19 if I'm pregnant?



Serious complications related to COVID-19 infection are more common if you're pregnant than if you're not pregnant.

- There's evidence that if you're pregnant and have COVID-19 you're at higher risk of being admitted to hospital and developing respiratory (lung) complications that need intensive care (ICU).
- If you're pregnant and have COVID-19 you're more likely to have a premature birth. Your baby is more likely to be admitted to a neonatal care unit (NICU).
- If you're pregnant and have other health conditions, such as high blood pressure, diabetes, or obesity, you have an even higher risk of being seriously ill from COVID-19.

Is COVID-19 vaccine safe in pregnancy?



Emerging evidence suggests that it's safe for you to get the COVID-19 vaccine.

The risk of getting COVID-19 and having serious complications is higher than the risk of being immunized during pregnancy.

- It is best to get an mRNA COVID-19 vaccine if you are pregnant or planning to get pregnant. Research to date shows that it is the safest type of COVID-19 vaccine to get during pregnancy.
 - None of the authorized COVID-19 vaccines in use in Canada contain the live virus that causes COVID-19. The vaccine cannot make you sick with COVID-19.
 - Injecting mRNA into a person doesn't change the DNA of a human cell.
 - Learn more about how vaccines work [here](#).

What are the benefits of getting the COVID-19 vaccine?

- COVID-19 vaccines do work. They prevent illness and lower your chance of becoming seriously ill if you do get the virus. They can also lower your chance of complications of severe illness, like premature births.
- Immunization can also lower the spread of the virus to others in your household, including newborn infants.

Balancing what's right for you

To help make an informed decision, try to understand as much as you can about COVID-19 and the vaccines.

If you have questions, talk about the vaccines that are available with your healthcare provider.

Consider **your** circumstances. Ask yourself questions like:

- What's your chance of being exposed to the COVID-19 virus at work, at school, in your home, and in your community?
- For example, do you work outside the home where you're in contact with others? Does your partner or any member of your household work outside your home where they are in contact with others? Do you live in a crowded household?
- Do you have medical conditions or other risks that could cause you to be seriously ill if you get COVID-19? These include being obese, having diabetes, high blood pressure, asthma, or a weak immune response due to disease or treatment.
- Are you able to work from home until the end of your pregnancy to lower your risk of getting COVID-19?

After getting the COVID-19 vaccine, continue to follow [public health guidelines](#) to keep yourself, your baby, and others safe.

What should I expect with a COVID-19 vaccine?

Anyone getting the COVID-19 vaccine may have some side effects. Talk to your healthcare provider about side effects and how to manage them. Learn more about vaccine side effects [here](#).

When should I get the COVID-19 vaccine?



Anyone who is pregnant can now get a COVID-19 vaccine.

- Use the [online booking tool](#) (ahs.ca/covidvaccine), call a [pharmacy](#), or call 811 to book your COVID-19 immunization appointment.
- You can get the COVID-19 vaccine at any time during pregnancy.
- There are no known risks to getting the COVID-19 vaccine while breastfeeding.
- If you have questions about getting immunized, talk with your healthcare provider, but it is not required to receive the vaccine.
- Talk to your healthcare provider about how long to wait between COVID-19 vaccine doses and other vaccines, like dTap, given during pregnancy.

Learn more about the COVID-19 vaccines [here](#) (ahs.ca/covidvaccine).