

## Can I get the vaccine if I am pregnant or breastfeeding?

- Scientists do NOT have enough data to know how well COVID-19 vaccines work to protect people who are pregnant or breastfeeding. However, we know that:
  - **Pregnant people are more likely to become seriously ill from COVID-19 than non-pregnant people.**<sup>1-3</sup>
  - Pregnant people who have had COVID-19 may be more likely to have negative pregnancy outcomes (e.g. preterm birth) than pregnant people who never had COVID-19.<sup>1,2</sup>
- Scientists and experts believe that the vaccines are NOT harmful to pregnant and breastfeeding individuals.<sup>3</sup>
- **If you are pregnant,** you are eligible to receive the COVID-19 vaccine:
  - You should speak with your doctor first about your choices and tell them if you have any concern.<sup>4</sup>
- **If you are breastfeeding,** the vaccine is likely safe for you. You will develop

immunity (i.e. body's defense system) to COVID-19 from the vaccine, which will also protect your child.<sup>1,3,4</sup>

- **If you are trying to become pregnant now or in the future:**
  - You may receive a COVID-19 vaccine when one is available to you.<sup>1,3</sup>
  - Getting vaccinated prior to pregnancy is important to ensure that you and your pregnancy are protected. You should discuss your options with your health care provider.

# References

1. The Society of Obstetricians and Gynaecologists of Canada. SOGC Statement on COVID-19 Vaccination in Pregnancy. Published online December 18, 2020. [https://sogc.org/en/content/featured-news/SOGC\\_Statement\\_on\\_COVID-19\\_Vaccination\\_in\\_Pregnancy.aspx](https://sogc.org/en/content/featured-news/SOGC_Statement_on_COVID-19_Vaccination_in_Pregnancy.aspx)
2. The Society of Obstetricians and Gynaecologists of Canada. SOGC statement regarding pregnant woman with COVID-19 in ICUs in Ontario. sogc.org. Accessed May 27, 2021. [https://sogc.org/en/content/featured-news/SOGC\\_statement\\_regarding\\_pregnant\\_woman\\_with\\_COVID-19\\_in\\_ICUs\\_in\\_Ontario.aspx](https://sogc.org/en/content/featured-news/SOGC_statement_regarding_pregnant_woman_with_COVID-19_in_ICUs_in_Ontario.aspx)
3. CDC. Vaccination Considerations for People Pregnant or Breastfeeding. Centers for Disease Control and Prevention. Published May 14, 2021. Accessed May 27, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>
4. Goldfarb IT. Wondering about COVID-19 vaccines if you're pregnant or breastfeeding? Harvard Health Blog. Published January 7, 2021. <https://www.health.harvard.edu/blog/wondering-about-covid-19-vaccines-if-youre-pregnant-or-breastfeeding-2021010721722>