

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.**¹⁻³
 - 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.^{1,2}
- Scientists and experts believe that the vaccines are NOT harmful to pregnant and breastfeeding individuals.³
- **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.⁴
- **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.^{1,3,4}

- **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.^{1,3}
 - 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
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
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>