

COVID-19 Vaccine: Preconception, Pregnancy and Breastfeeding Fact Sheet

This fact sheet is meant to help you make an informed [decision](#) about COVID-19 vaccination if you are thinking about having a baby, or if you are pregnant or breastfeeding. Health experts across Canada strongly recommend pregnant and breastfeeding individuals stay up to date with their COVID-19 vaccinations to reduce the risk of severe COVID-19 illness.



[The National Advisory Committee on Immunization \(NACI\)](#) recommends pregnant and breastfeeding individuals receive a primary series and booster doses of an mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna).

[The Society of Obstetricians and Gynaecologists of Canada \(SOGC\)](#) supports COVID-19 vaccination at any stage of pregnancy and while breastfeeding, if no medical concerns exist. The SOGC also recommends the COVID-19 vaccine for pregnant and breastfeeding individuals who have been previously infected with COVID-19. This is because a COVID-19 infection at any stage in pregnancy can be severe.



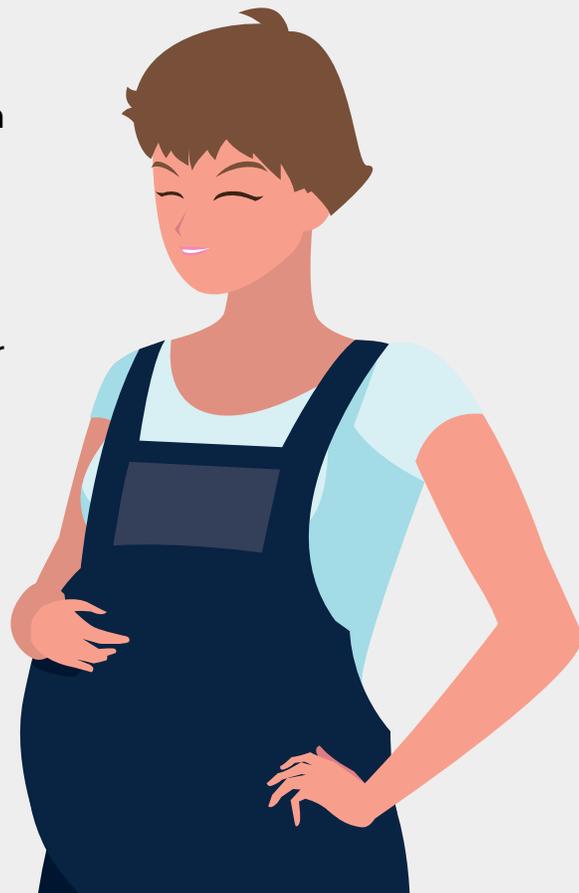
If you are planning to get pregnant:

- When possible, get all recommended doses of the COVID-19 vaccine prior to becoming pregnant.
- There is currently no evidence of female or male infertility associated with COVID-19 vaccines.
- There is no need to avoid pregnancy after receiving the COVID-19 vaccine.



If you are currently pregnant:

- Protect yourself and your baby by getting all recommended doses of the COVID-19 vaccine.
- COVID-19 vaccine prevents severe illness in individuals who are pregnant.
- Severe COVID-19 illness in pregnancy can cause complications to the pregnant individual's and baby's health such as:
 - preterm birth
 - neonatal complications
 - fetal distress
 - ICU admission
 - hospitalization
 - invasive ventilation
 - mortality
 - still birth
- The risk of these complications increases for pregnant individuals who are over 35 years of age or have pre-existing conditions such as diabetes, heart disease, hypertension or obesity.
- There are currently no known harmful effects to your baby or increased risks of miscarriage or birth defects from the COVID-19 vaccine.
- The antibodies that mRNA vaccines produce in pregnant individuals are comparable to those produced in non-pregnant individuals. These antibodies transfer across the placenta, providing protection to the baby.



If you are breastfeeding:

- Protect yourself and your baby by getting all recommended doses of the COVID-19 vaccine.
- Studies show those who are breastfeeding and have received an mRNA COVID-19 vaccine have developed antibodies in their breastmilk. This provides passive immune protection to babies.