

COVID-19

Planning for your vaccine

You're pregnant or breastfeeding. Should you get a COVID-19 vaccine?

Being infected with COVID-19 can make you very sick. It may make you even more sick if you are pregnant.

While these vaccines have not yet been tested in those who are pregnant or breastfeeding, health experts in Canada agree that **getting a COVID-19 vaccine is a reasonable choice for most pregnant and breastfeeding people.**



It is important to know that:



There is currently no known serious risk of getting a COVID-19 vaccine while pregnant or breastfeeding to either the person being vaccinated, or the child.



There is no need to avoid starting or stopping breastfeeding if you get a COVID-19 vaccine.

If you get the COVID-19 vaccine, continue to follow Public Health Guidelines:

- 1 Maintain physical distance.
- 2 Clean your hands regularly.
- 3 Wear a mask.
- 4 Follow public health advice.

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For more information

Speak to your healthcare provider, and/or refer to the **COVID-19 Planning for your Vaccine in Pregnancy or Breastfeeding** resource.