



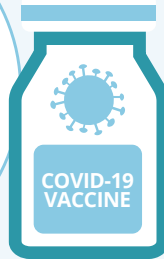
First Nations Health Authority
Health through wellness

COVID-19 Vaccines and Your Baby

Is it safe to get a COVID-19 vaccination if I am pregnant?

Yes.

All available COVID-19 vaccines approved in Canada can be used during pregnancy and breastfeeding.*



Why should I get a COVID-19 vaccination?

Pregnant people are more likely to have severe COVID-19 symptoms than non-pregnant people.

Risk is higher if you are 35 years of age or older, or have a health condition such as asthma, diabetes, obesity or high blood pressure.

COVID-19 can increase your risk of premature birth.

Is it safe to breastfeed after I get a COVID-19 vaccination?

Yes.

Babies under one year of age may be at higher risk of severe illness if they catch COVID-19.

Breastfeeding protects babies when they are sick and when others around them are sick.**



Can I get COVID-19 from the vaccine?

No.

None of the available COVID-19 vaccines contain the virus. They carry instructions to your cells on how to fight the virus if it enters your body.



I'm still not sure. Can I get more information?

Getting vaccinated is always your choice. If you have questions about vaccines, ask your community health nurse or call **HealthLinkBC at 811** or the **First Nations Virtual Doctor of the Day at 1-855-344-3800**.



All pregnant people in BC aged 12 and over are eligible to receive COVID-19 vaccines as a priority population.

STEP 1: register for your vaccination at gov.bc.ca/getvaccinated

STEP 2: phone **1-833-838-2323** and let them know you are pregnant

*Society of Obstetricians and Gynecologists of Canada (SOGC) Statement on COVID-19 Vaccination in Canada, May 25, 2021

**BC Centre for Disease Control, Breastfeeding and COVID-19
Published July 20, 2021