



### Concerns about a COVID-19 infection during pregnancy

#### For the pregnant woman/individual:

- Higher risk of severe illness
- Increased risk of hospitalization
- Increased risk of admission to the intensive care unit (ICU)

#### For the baby:

- Preterm birth
- Low birth weight
- Increased risk of admission to the neonatal intensive care unit (NICU).



Studies have shown that pregnant women and pregnant individuals who are vaccinated against COVID-19 are less likely to have severe illness or pregnancy complications compared to those who are not vaccinated.



### COVID-19 vaccine recommendations for pregnant women/individuals in Canada

- The National Advisory Council on Immunization (NACI) in Canada recommends that pregnant women/individuals (at any stage of pregnancy) receive the primary series of the COVID-19 vaccine.

Please reach out to your healthcare provider for the most updated NACI recommendations.

### Can you receive an mRNA COVID-19 vaccine while nursing?

- Hundreds of nursing women and their infants have been studied and there are no known or suggested serious safety concerns.
- Receiving the COVID-19 vaccine postpartum will help protect the baby and those caring for the baby.
- There have been reports of temporary changes in breastmilk supply (both decrease and increase) after receiving a COVID-19 vaccine. Milk supply usually returns to baseline within a few days.

For more information visit [firstexposure.ca/covid-19-mrna-vaccine-in-pregnancy-and-lactation/](https://firstexposure.ca/covid-19-mrna-vaccine-in-pregnancy-and-lactation/) or scan the QR code.

**This information does not replace the medical care and advice from your healthcare provider. Please contact your healthcare provider for any questions you may have.**

