



### 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)



### COVID-19 vaccine and pregnancy

- Data from studies including thousands of pregnancies did not raise safety concerns regarding the COVID-19 vaccine in pregnancy
- Studies have shown that pregnant women who were vaccinated against COVID-19 were less likely to have severe illness or pregnancy complications compared to those who were not vaccinated



#### COVID-19 vaccine recommendations in Canada

Health Canada recommends that pregnant individuals (at any stage of pregnancy), those planning a pregnancy and those nursing receive the COVID-19 vaccine.

**The National Advisory Council on Immunization (NACI) in Canada regularly updates its recommendations on COVID 19 vaccinations. Please reach out to your healthcare provider to discuss your immunization needs.**

### COVID-19 vaccine and 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.**

