

I am pregnant or breastfeeding. Should I get the COVID-19 Vaccine?

It is YOUR choice.

For many people, getting a COVID-19 vaccine is the safest choice.

What should I know about the Covid-19 vaccine?

The Provincial Council for Maternal and Child Health (PCMCH) developed VERSION 2 of the COVID-19 information sheet for pregnant or breastfeeding people – [“I am pregnant or breastfeeding. Should I get the COVID-19 Vaccine?”](#)

The information sheet can inform individuals of the risks and benefits of getting the COVID-19 vaccine and support their decision making process to determine if getting the vaccine is right for them. It has been updated to reflect the latest evidence on the safety and benefits of vaccination and information from MOH.

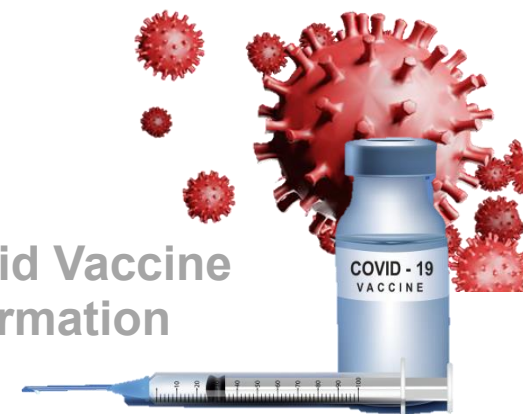


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Almonte General Hospital

OBS Unit

Covid Vaccine Information





Is it safe for me to get a Covid-19 vaccine?

Ontario has a three-phase vaccination plan, and as of April 23, pregnancy has been further prioritized to the "highest risk" category in phase two of the vaccine roll out. All pregnant individuals in Ontario are now eligible to get vaccinated for COVID-19. More details will be posted as information becomes available. In their latest statement, the Society of Obstetricians and Gynaecologists of Canada (Canada's leading authority on sexual and reproductive health) "**supports the use of all available COVID-19 vaccines approved in Canada in any trimester of pregnancy and during breastfeeding** in accordance with regional eligibility" (April 21, 2021).

What are the **benefits** of getting the Covid-19 vaccine?

- COVID-19 vaccines are very effective in protecting you from severe illness.
- There is growing evidence about the safety of COVID-19 vaccines in pregnancy.
- Getting the vaccine can help prevent complications or bad outcomes for parent or baby.

What are the **risks** of getting the Covid-19 vaccine?

- Clinical trials for COVID-19 vaccines did not include pregnant people.
- Anyone getting the vaccine may have some side effects.

See the PCMCH Information Sheet for more details.

Resources

For more information on receiving a Covid-19 vaccine while pregnant or breast feeding refer to the following websites:



<https://www.prenatalscreeningontario.ca>

We have curated up-to-date Canadian-based resources to support you through your pregnancy journey, and help you make decisions that will keep you and your baby healthy.



OMama is a website and a mobile application (app) that connects you to trusted, evidence-informed pregnancy, birth, and early parenting information (focusing on resources in Ontario, Canada).



[@pandemicpregnancyguide](#)

Pandemic Pregnancy Guide was created by UofT physicians to be a venue for pregnant women to ask questions about COVID-19's effects on themselves and their babies through social media platforms like Instagram and Twitter.



<http://www.pcmch.on.ca/COVID-19Vaccine/>

The **Provincial Council for Maternal and Child Health** would like to support individuals who are breastfeeding, pregnant, or those who plan to be pregnant learn more about their eligibility for the COVID-19 vaccine.

How do I book a vaccine appointment?

You may use the provincial vaccine booking system at:

<https://covid-19.ontario.ca/book-vaccine/>

If you live in an area that is not using the booking system you will be redirected to a link at your local public health unit.

You can also call the provincial call centre at:

1-888-999-6488

Have your health card available and ensure your address is updated in the system.

Deciding whether to have COVID-19 vaccination while you are pregnant can be challenging. Care providers in Ontario are sharing a message with pregnant individuals in English, French and other languages. Watch these videos at the [Prenatal Screening Ontario website.](#)

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