

I am pregnant and/or breastfeeding - Should I get a COVID-19 vaccine?

YES – if you are pregnant or breastfeeding, you should get a COVID vaccine. It will protect you from severe COVID-19 infection. As of April 15th, 2021 the Society of Obstetricians and Gynaecologists of Canada (SOGC) recommends all pregnant women receive a COVID vaccine as a priority. There is also the added benefit to your baby, as there is evidence of passive antibody transfer to the infant. This means your baby also benefits from the vaccine.

Data clearly and consistently illustrates that pregnant individuals are at increased risk for hospitalization, ICU admission, mechanical ventilation and death compared to non-pregnant individuals. We know approximately 1 in 10 pregnant individuals will require hospital admission and 1 in 100 pregnant individuals will require intensive care following infection with COVID-19. For some individuals with additional risk factors such as advanced maternal age, obesity and pre-existing medical conditions, the risk is even higher.

Which vaccine should I get?

The SOGC supports the use of *all* available COVID-19 vaccines approved in Canada in any trimester of pregnancy and during breastfeeding.

Will I get a blood clot from a vaccine?

Blood clots following vaccination are extremely rare. These events occur in as few as 1 in every 125 000 to 1 in 1 million people. The risk of having a severe disease from getting COVID-19 when pregnant is much higher. For comparison, the risk of getting a blood clot from the birth control pill is five times higher. Pregnancy does not increase the chance that you would develop a blood clot after vaccination. Click [here](#) for the full SOGC article.

Will a COVID-19 vaccine affect my ability to get pregnant in the future?

No, there is no evidence suggesting the vaccine impairs male or female fertility. The full SOGC statement as of March 18, 2021 is [here](#).

Tips and tricks when booking your vaccine appointment:

COVID-19 vaccine appointments can be made on the [AHS website](#). Book online to get your vaccine at a pharmacy or at an AHS vaccination center. If you cannot make it to your appointment, please cancel so someone else can take your spot.

We recommend you check the website each morning at 8am as new appointments open up. There is a good chance you can get your appointment moved up significantly.