

ARE YOU PREGNANT?

Your doctor recommends that you get vaccinated against COVID-19

COVID-19 vaccines are effective

- COVID-19 vaccines are very effective in protecting you and your child from severe forms of the disease. In fact, they will protect you against hospitalization and death due to illness.
- Women who received the COVID-19 vaccines are much less likely to get the virus and have complications from the disease.



COVID-19 vaccines are safe

- These vaccines do not contain live virus.
- The safety data is reassuring: vaccination of pregnant women against COVID-19 is not associated with an increased risk of abortion or premature birth.
- COVID-19 vaccines are safe for both mother and baby, regardless of when they are given during pregnancy.
- The antibodies developed as a result of vaccination will be present in the uterus and potentially protect the baby.
- An mRNA vaccine (Pfizer or Moderna) is preferred, given the availability of more safety data on such vaccines.

The most common vaccine side effects

- Anyone who receives a COVID-19 vaccine might have side effects.
- The most common side effects are:
 - pain at the injection site
 - chills
 - fatigue
 - headache
 - muscular pain
 - fever
- Data from more than 35,000 pregnant women who received the vaccine show no adverse effects on female reproduction or the development of the baby during pregnancy.
- Allergic reactions, including anaphylaxis, are rare but might occur. If a pregnant woman is allergic to any component of the mRNA vaccine, she should talk to her doctor before receiving the vaccine.

One person in ten will experience side effects that are not serious and go away quickly.

Pregnant women are at higher risk of complications from COVID-19.

Risks of COVID-19 for a pregnant woman and her baby

- Pregnant women with COVID-19 have an increased risk of severe disease compared to non-pregnant women.
- The greatest risks of COVID-19 for pregnant women and their babies are **preterm labor, preeclampsia, and Caesarean section.**
- Women from ethnic communities, who are obese or overweight, have gestational diabetes, have preexisting comorbidities (diabetes, hypertension, asthma), are 35 years of age or older, or live in a socially disadvantaged context are at greater risk of contracting COVID-19 or having related complications.

Recommended interval

The interval between the 1st dose and the 2nd dose is 8 weeks or more. A booster dose (3rd dose) is also recommended if given three months after the 2nd dose.

Getting a vaccination appointment

Make an appointment online on Clic Santé:
<https://portal3.clicsante.ca/>

If you have any difficulty obtaining an appointment online in time for your delivery, please call the appointment centre at 1-877-644-4545 for support.

What about breastfeeding women?

- Vaccination against COVID-19 is recommended for women who breastfeed.
- The antibodies developed as a result of vaccination are present in breast milk and will potentially protect the baby.
- There is no contraindication to breastfeeding if the mother has COVID-19.



*Before going to a vaccination site, you can speak with a health-care professional (such as your doctor) for more information, if you want.

Information sources:

INSPQ, COVID-19 (SRAS-CoV-2) : Recommandations intérimaires sur les mesures de prévention en milieu de travail pour les travailleuses enceintes ou qui allaitent
Provincial council for maternal and child health Ontario (version 15 juin 2021)

This document is adapted from a version produced by the CIUSSS de l'Estrie-CHUS.
Version : January 2022