

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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COVID-19 Vaccine and Pregnancy

Is the COVID-19 vaccine safe during pregnancy?

- The COVID-19 vaccine is safe for pregnant individuals and their babies.
- It is much safer to get the vaccine than to get COVID-19 disease.
- You can get the vaccine at any time (any trimester) during pregnancy.
- The mRNA vaccines are the safest type of COVID-19 vaccine to get during your pregnancy.
- The COVID-19 vaccine is also safe, and recommended, for those who are trying to get pregnant.
- The National Advisory Committee on Immunization and the Society of Obstetricians and Gynecologists of Canada recommend that those who are pregnant get a complete series of vaccine.

What are the benefits of getting the COVID-19 vaccine?

- The vaccine prevents illness and lowers your chance of becoming seriously ill from COVID-19.
- Vaccines also lower your chance of you having complications of severe illness, which could result in delivering your baby prematurely if you become very sick.
- Immunization can reduce the spread of the virus to others, including your baby.

Does the vaccine protect my baby from COVID-19?

- Vaccines make your immune system stronger by building antibodies to help prevent disease.
- Vaccination allows immunity to be passed from mother to infant, helping to protect your baby for the first few months of life.

What are the risks of being infected with COVID-19 if I'm pregnant?

- If you're pregnant and have COVID-19:
 - You're at higher risk of being admitted to hospital and developing complications that need intensive care.
 - You're more likely to have a premature birth and this may put your baby's health at risk.
- Serious complications related to COVID-19 are more common if you're pregnant than if you're not pregnant (for individuals of child bearing age).

Does the vaccine cause fertility problems?

- There is no evidence that COVID-19 vaccines cause fertility problems.
- Studies evaluating male and female fertility metrics after COVID-19 vaccines have not identified any harms to reproductive health.
- COVID-19 vaccine is also a good proactive step to take even before pregnancy.

What's right for you?

- Different people have different feelings and concerns about COVID-19 immunization, and that's OK. But we should all have the same information and support each other to learn more.
- Review current evidence in order to make the best and most informed decision about your health and the health of your baby.
- Speak with your healthcare provider if you have questions or concerns. In consultation with them, you can determine if the benefits of immunization outweigh potential risks based on your health and circumstances.

Getting the vaccine

- Book your immunization appointment at an AHS clinic or participating pharmacy at <https://bookvaccine.alberta.ca/vaccine/s/>, at a [walk-in](#), a [doctor's office](#), or call Health Link at 811.
- Learn more at ahs.ca/vaccinepregnancy