



Should you get a COVID-19 vaccine if you're pregnant or breastfeeding? Pregnant people can now book

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People who are pregnant have been prioritized for COVID-19 vaccination and can now book a vaccine appointment. If you're pregnant or breastfeeding, learn more about the benefits, risks and considerations to make an informed choice.



Pregnant people (age 16 and older) can now book an appointment for their COVID-19 vaccine.

To book an appointment, call the provincial Get Vaccinated number at 1-833-838-2323 and inform the operator that you are pregnant. It is important to also register online with [Get Vaccinated](#) to ensure you receive an invitation to book your second dose at the appropriate time.

Pregnant women and individuals are being prioritized because those who have COVID-19 are more likely to experience severe illness than people who are not pregnant.

The Society of Obstetricians and Gynaecologists of Canada (SOGC), the National Advisory Committee on Immunization (NACI) and public health experts in B.C. all recommend that people who are pregnant and breastfeeding get the vaccine at anytime during pregnancy or breastfeeding. Other provinces, including Ontario, Quebec, Saskatchewan, Manitoba and New Brunswick, have also prioritized people who are pregnant.

The decision to get vaccinated is up to the individual. For most people, getting a COVID-19 vaccine is the safest choice to protect them from COVID-19.

Deciding about a COVID-19 vaccine

While COVID-19 vaccines have not yet been tested in those who are pregnant or breastfeeding, health experts in Canada agree that getting a COVID-19 vaccine is a good choice for most pregnant and breastfeeding people.

You will need to make a decision based on your own comfort level, your individual risk of getting COVID-19, and the chance that you may get seriously ill if you get infected.

Use this [new handout](#) from the BC Centre for Disease Control (BCCDC) and Perinatal Services BC to plan for your vaccine. **Planning for your vaccine handout**

What do the experts currently recommend?

[BCCDC recommends vaccination](#) because it reduces the likelihood of getting COVID-19; vaccination protects both you and those around you.

The [Society of Obstetricians and Gynecologists of Canada](#) recommends that pregnant or breastfeeding people should be offered the COVID-19 vaccine when eligible. Canada's National Advisory Committee on Immunization also recommends that the COVID-19 vaccine be offered to pregnant and breastfeeding

people, if the benefits outweigh the risks for each pregnant person and their unborn baby, and if the individual makes their decision knowing that there is currently no evidence on COVID-19 vaccines in pregnant or breastfeeding people.

Balancing the risks and benefits to decide what's right for you

To help make an informed decision, try to understand as much as you can about COVID-19 and the vaccines.

[Learn more](#) about the benefits and risks benefits of COVID-19 vaccination during pregnancy or breastfeeding.

[BCCDC](#) and [HealthLinkBC](#) also have detailed information on vaccines that can help.

You're the decision-maker, and the choice is up to you. Talk with your health care provider and consider your individual circumstances, including your likelihood of exposure to the COVID-19 virus at work and in your home and community.

Additional considerations include:

- Do you have medical conditions that could cause you to be seriously ill if you get COVID-19?
- Are you able to work from home to reduce the risk of getting COVID-19 until the end of your pregnancy?

For more information on the COVID-19 vaccine:

- Review the [planning for your vaccine handout](#) to help you decide.
- Find more [vaccine considerations](#) on the BC Centre for Disease Control website.
- Read answers to [frequently asked questions](#) for BC Women's patients about COVID-19.
- Review the [HealthLinkBC File on COVID-19 Vaccines](#).
- Speak with your health care provider.

For people who choose to get immunized while pregnant or become pregnant shortly after immunization, you may wish to [participate in a study of Canadian COVID-19 Vaccine for Pregnant and Lactating Women with University of British Columbia](#).



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