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## ? Question:

Is the COVID-19 vaccine safe for people who are pregnant, trying to get pregnant, or breastfeeding?

## Answer:

COVID-19 vaccination is recommended for all people 12 years of age and older, including people who are pregnant, breastfeeding, or who may become pregnant.

The vaccine can be given safely at any time while trying to conceive, during pregnancy, or while breastfeeding.

Pregnant people are at increased risk of serious illness and complications from COVID-19 infection. Vaccines can drastically reduce this risk

Evidence from around the world continues to grow and has not found any safety concerns for pregnant or breastfeeding people who were vaccinated or for their babies. Studies have shown that pregnant people who get a COVID-19 vaccine receive the same levels of protection that non-pregnant people do, and that this protection can be passed on to your baby.


There are currently no known serious risks (such as an increased risk of miscarriage or possible birth defects) when getting a COVID-19 vaccine while pregnant or breastfeeding (or providing expressed human milk) to either the person being vaccinated or the child.

The Canadian Society of Obstetricians and Gynaecologists (<https://www.pregnancyinfo.ca/covid/>), the National Advisory Committee on Immunization (NACI) (<https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci.html>) and public health experts in BC all agree that people who are pregnant and breastfeeding should get the vaccine.

There is no evidence to suggest that COVID-19 vaccines will affect fertility or the pregnancy itself.

Getting a COVID-19 vaccine if you are pregnant, planning to get pregnant or breastfeeding is the safest choice to protect you from COVID-19.

For more information, refer to the BC Centre for Disease Control's COVID-19 vaccine planning guide for people who are pregnant or breastfeeding below.



**COVID-19**  
**Planning for your vaccine**

**You're pregnant, breastfeeding or thinking about getting pregnant.**  
**Should you get a COVID-19 vaccine?**

COVID-19 vaccination is recommended for all people 12 years of age and older, including people who are pregnant, breastfeeding or who may become pregnant.

Pregnant people are at increased risk of serious illness and complications from COVID-19 infection. Vaccines can drastically reduce this risk and can be given safely at any time while trying to conceive, during pregnancy or while breastfeeding.

Evidence from around the world continues to grow and has not found any safety concerns for pregnant or breastfeeding people who were vaccinated or for their babies. Studies have shown that pregnant people who get a COVID-19 vaccine receive the same levels of protection that non-pregnant people do, and that this protection can be passed on to your baby.



([http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19\\_vaccine/COVID19\\_Vaccine\\_Perinatal.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_vaccine/COVID19_Vaccine_Perinatal.pdf))

Open: COVID-19 vaccine planning guide for people who are pregnant or breastfeeding.

([http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19\\_vaccine/COVID19\\_Vaccine\\_Perinatal.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_vaccine/COVID19_Vaccine_Perinatal.pdf))

Pregnant people 12 years and older can get a booster dose 8 weeks after their second dose. You can be at any stage of your pregnancy. If you haven't received an invite yet, call 1-833-838-2323 and self-identify as pregnant. Read why pregnant people can receive

their booster 8 weeks after their second dose (<https://immunizebc.ca/ask-us/questions/why-are-pregnant-people-able-get-their-booster-early-8-weeks-after-getting-their>).

**Date last reviewed:** Friday, Mar 25, 2022

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