



COVID-19 Vaccine

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Information for people who are pregnant with significant heart disease

Why is planning for a COVID-19 vaccine important?

- If you are pregnant and have concerns, you can talk to your health care provider about the benefits and risks of vaccination while pregnant.
- It is important that you monitor how you are feeling in the days leading up to your vaccine appointment. If you are feeling unwell (relative to how you are usually feeling in your pregnancy), rebook for when you are feeling better.

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Should I get a COVID-19 vaccine? Will the vaccine work for me?

- All of the COVID-19 vaccines available in Canada are safe, and they do not contain any live virus. The vaccines cannot give you COVID-19.
- Doctors and researchers have looked at the evidence. They agree that unless you have a **very** serious allergy to any of the vaccine ingredients, you should strongly consider getting the COVID-19 vaccine because you have a higher chance of experiencing severe symptoms if you get COVID-19. If you were to get COVID-19, you may also experience cardiovascular complications, especially if your heart disease is significant.
- Experts also agree that getting a COVID-19 vaccine is a reasonable choice for people who are pregnant, and there is no evidence that the vaccines would pose a harm to your baby. Pregnant people are routinely and safely immunized with other types of vaccines all around the world.
- Although people who were pregnant weren't specifically included in the clinical trials of the COVID-19 vaccine, a small handful of people became pregnant during the vaccine trials. Some were in early pregnancy before they received their vaccine dose, and others became pregnant after receiving their vaccine dose. These people are being followed for pregnancy outcomes and to this point, there have been no adverse events reported.
- You can find more guidance on deciding whether or not to get a COVID-19 vaccine while pregnant on the [Society of Obstetricians and Gynaecology of Canada website](#). 

What about the medications or treatments that I take?

- Most medications are safe to take on the same day as your vaccine. If you take medications for your heart disease or another condition and you aren't sure if you need to consider timing, contact your health-care provider.

How else should I plan for my vaccine appointment?

- Review [COVID-19 Immunization Plan for Newfoundland and Labrador](#)
- It is important that you are feeling as well as possible when you get your vaccine. However, some people who are pregnant feel unwell due to their pregnancy, and many experience nausea, vomiting, and shortness of breath. You may also be experiencing symptoms of your heart disease.
- In the 2-3 days leading up to your vaccine monitor yourself: are any of your symptoms new or worsening? If you aren't feeling well, rebook your vaccine appointment for another day. Consider reaching out to your health care provider about your worsening symptoms.
- It is safe to get a vaccine at any stage of your pregnancy. Some people may choose to avoid getting vaccines during the first trimester, but this is a personal preference and it is up to you.
- You can feel safe going to the COVID-19 vaccine clinic, as they are following all COVID-19 safety precautions.

What or who should I bring with me?

- Please bring your non-expired MCP card to your appointment.
- You can bring any medical or mobility equipment that you need.
- If you need to, you can bring a trusted friend, family member or caregiver with you to support you through the process and/or translate for you as needed. Please only bring one person.

What happens after my vaccine?

- Everyone who gets a COVID-19 vaccine will stay on location to be monitored for 15 minutes after they get their vaccine.
- You should tell a health-care provider at the vaccination site if you do not feel well.
- If you have any new or worsening symptoms once you go home, please call your health care team or 8-1-1. If you have a severe allergic reaction, call 9-1-1 immediately.
- Everyone will have to continue following COVID-19 public health measures, even after getting their vaccine.

My vaccine planning checklist

- Read the COVID-19 vaccine information for my condition(s)
- Time my vaccine appointment around my medication and treatments (if relevant to me)
- Talk to my doctor if I have any questions or need any help planning my medication
- Monitor how I'm feeling leading up to my vaccination appointment. Is anything new or getting worse compared to how I usually feel?
- Make sure I am feeling my usual self on the day of my vaccine appointment
- Plan to bring the medical and mobility equipment I need with me

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