

Information on mRNA COVID-19 vaccines for people who are breastfeeding or pregnant

Key information

Public health and immunization experts in the Yukon and across the country are recommending that pregnant and breastfeeding people be vaccinated against COVID-19.

Recently published safety analyses have shown that the mRNA COVID-19 vaccines are safe and effective for these people to the same degree as for the general adult population.

There is a long history of safe use of other vaccines during pregnancy or while breastfeeding.

Making your decision

In Yukon, people who are pregnant or breastfeeding are recommended to receive the COVID-19 vaccine.

The decision to get the vaccine is a personal one. When making your decision, you should understand the risks. The risk of getting sick with COVID-19 outweighs any risk of harm from receiving the vaccine while pregnant or breastfeeding.

You can talk to your health care provider as you make your decision. They will be able to:

- share the latest information about the use of the vaccine in pregnant or breastfeeding individuals;
- talk through your medical status and risk of exposure to COVID-19; and
- review other information about risks and benefits of vaccination.

What we know

There is a long history of safe use of other vaccines during pregnancy or while breastfeeding. The effectiveness and safety of both the Moderna and Pfizer-BioNTech COVID-19 vaccines are similar for people who are or aren't pregnant or breastfeeding. There are no known concerns about harm related to this vaccine for people who are pregnant or breastfeeding, or for their infants.

People who are pregnant or lactating were originally not included in large numbers as participants in early clinical trials. Additional evidence is now available from real-world use of COVID-19 vaccines, primarily mRNA vaccines, in these populations. For example, recently published safety analyses included 35,691 pregnant women in the United State who received an mRNA COVID-19 vaccine without any obvious safety signals. This evidence showed that COVID-19 vaccines are safe in these populations so NACI recommendations for these populations are now the same as for the general adult population.

Higher risk of severe COVID-19 symptoms if infected

The majority of people, including pregnant people, who are infected with COVID-19 have mild symptoms. However, pregnant patients are more likely to experience serious symptoms and outcomes.

Have a discussion with your health care provider to help you make an informed decision.

For more information visit: www.pregnancyinfo.ca/covid/

