Pregnancy, breastfeeding and COVID-19

The Society of Obstetricians and Gynaecologists of Canada recommends that all individuals who are pregnant or those trying to become pregnant should receive the COVID-19 vaccination.

CONTRACTING COVID-19 WHILE PREGNANT

Pregnant individuals who get COVID-19 have a higher risk of requiring breathing support and being admitted to intensive care than non-pregnant individuals.

On April 20, 2021, near the peak of the third wave, 30% of all intensive care unit (ICU) patients at Sinai Health in Toronto were pregnant or postpartum.

Pregnant women who contract COVID-19 are:

- Five times more likely to be hospitalized and spend 3.73 days longer in hospital.
- 10 times more likely to be admitted to the ICU.
- More likely to suffer from severe illness and likely to require ventilation/life support breathing.

SAFETY OF VACCINES

You can safely get the COVID-19 vaccine at any stage of pregnancy, while breastfeeding, or trying to become pregnant. There is no evidence to suggest that COVID-19 vaccines will affect fertility, cause any harm to the fetus or the pregnant individual.

COVID-19 can be a very severe disease to people at any age. The risk of complications or severity from COVID-19 far outweigh any potential risk from COVID-19 vaccination.

Studies suggest the antibodies your body develops following vaccination will pass to your baby, which may keep them safe after birth.