

## COVID-19 risks increase during pregnancy

- Pregnancy can put you at higher risk for getting very sick and needing to be hospitalized from COVID-19, even if you are healthy.
- Having COVID-19 while pregnant can increase the chance of giving birth too early (preterm birth), high blood pressure, caesarean birth and having a baby with low birth weight.
- Pregnant people who are over 35, obese or have certain medical conditions such as heart disease, diabetes, high blood pressure or asthma, have a higher risk of complications from COVID-19.

## Vaccination is strongly recommended in pregnancy

- Getting vaccinated is highly recommended if you are planning to become pregnant or are pregnant.
- Getting vaccinated as soon as possible is the safest choice to protect yourself and your baby from the risks of COVID-19 infection.
- You will make antibodies from the vaccine, which will pass to your growing baby. The antibodies can further protect your baby when born.
- Two vaccine doses provide good protection from getting very sick or hospitalized due to any variants of the virus.
- A booster dose is recommended in pregnancy for even better protection for you and your baby.

## COVID-19 vaccines are safe in pregnancy

- The mRNA COVID-19 vaccine and booster doses are safe in pregnancy.
- Several studies with large numbers of pregnant people have shown that vaccination immediately, before and/or during any time in pregnancy is safe for you and your baby, and has no impact on pregnancy outcomes.
  - They **do not** affect fertility (ability to get pregnant), including no effect on egg or sperm.
  - They **do not** cause miscarriage, premature birth, or high blood pressure.
  - They do not harm the developing baby or cause still birth.
- Hundreds of thousands of people who are pregnant have been vaccinated and there continue to be no concerns.
- It is safe at any time before, during and after pregnancy, including while breastfeeding.

## Continue to follow Public Health Advice to Prevent COVID-19 spread

- Keep a [physical distance](#) of at least two metres.
- Wear a high-quality, [well-fitted mask](#) in indoor public spaces and when you can't keep physical distance outdoors.
- Stay home and self-isolate if:
  - You have [symptoms of COVID-19](#), or
  - Anyone in your household has symptoms of COVID-19, or

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- If you were a [close contact](#) of someone with COVID-19 and are not fully vaccinated.
- Pregnant people can continue to work. Talk to your employer about the type of work you do, using personal protective equipment (PPE) and how to protect yourself from COVID-19.

### **Prenatal appointments**

- Ask your health care provider which [prenatal appointments](#) can be online or by phone, and which need to be in-person.
- If you have [symptoms of COVID-19](#), call your health care provider before any appointments to let them know and to find out if you should [get tested](#), if [eligible](#).

### **Preparing to have your baby**

- Because of the COVID-19 pandemic, some health procedures may be done differently. Talk to your health care provider about what you can expect.
- You will be screened for COVID-19 when you arrive at your place of birth.
- If you have COVID-19, additional precautions will be taken to protect your baby and others around you.
- Many hospitals and birth centres only allow one support person to be with you. Your support person will be screened for COVID-19. If they have COVID-19, or may have it, they will not be able to be with you.
- For home births, talk to your midwife about how to make your space safe.
- You will have to [wear a well-fitting face mask](#) while getting care, and your support person will have to wear a mask as well.
- [Breast/chest feeding](#) is recommended even if you have COVID-19. There is no evidence that the virus is spread through breast milk.
- Talk to your health care provider about any worry you may have at any stage of your pregnancy.

### **More information**

Learn more about [COVID-19 and Pregnancy](#) and [COVID-19 and Vaccines](#).

- [COVID-19: Pregnancy, childbirth and caring for a newborn](#)
- [COVID-19 Vaccination, Pregnancy and Breastfeeding - PCMCH](#)
- [Receipt of COVID-19 Vaccine During Pregnancy and Preterm or Small-for-Gestational-Age at Birth — Eight Integrated Health Care Organizations, United States, December 15, 2020–July 22, 2021 | MMWR \(cdc.gov\)](#)

