People in BC who are pregnant are eligible to receive COVID-19 vaccines as a priority population.

**STEP 1:** register for your vaccination at [gov.bc.ca/getvaccinated](http://gov.bc.ca/getvaccinated)

**STEP 2:** phone 1-833-838-2323 and let them know you are pregnant

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*Is it safe to get a COVID-19 vaccination if I am pregnant?*

**Yes.**

All available COVID-19 vaccines approved in Canada can be used during pregnancy and breastfeeding.*

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*Why should I get a COVID-19 vaccination?*

Pregnant people are more likely to have severe COVID-19 symptoms than non-pregnant people. Risk is higher if you are 35 years of age or older, or have a health condition such as asthma, diabetes, obesity or high blood pressure. COVID-19 can increase your risk of premature birth.

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*Is it safe to breastfeed after I get a COVID-19 vaccination?*

**Yes.**

Babies under one year of age may be at higher risk of severe illness if they catch COVID-19. Breastfeeding protects babies when they are sick and when others around them are sick.**

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*Can I get COVID-19 from the vaccine?*

**No.**

None of the available COVID-19 vaccines contain the virus. They carry instructions to your cells on how to fight the virus if it enters your body.

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**I'm still not sure. Can I get more information?**

Getting vaccinated is always your choice. If you have questions about vaccines, ask your community health nurse or call HealthLinkBC at 811 or the First Nations Virtual Doctor of the Day at 1-855-344-3800.

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*Society of Obstetricians and Gynecologists of Canada (SOGC) Statement on COVID-19 Vaccination in Canada, May 25, 2021
**BC Centre for Disease Control, Breastfeeding and COVID-19 Updated August 6, 2021

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