# First Nations Health Authority
## Health through wellness

# COVID-19 Vaccines for Pregnant People

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

### Yes.

The COVID-19 vaccine for adults can be administered to people who are pregnant or breastfeeding.

**COVID-19 VACCINE**

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

Pregnant people are more likely to have severe COVID-19 illness than non-pregnant people.

Evidence shows that getting the COVID-19 vaccine during pregnancy is safe and effective at preventing severe disease and hospitalization for both the person who is pregnant and the baby.

COVID-19 can increase your risk of premature birth.

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

### Yes.

There have been no safety concerns identified with mRNA COVID-19 vaccines and breastfeeding.

## 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.

## ? 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.**

**Call your local health centre or speak to your community health nurse about booking an appointment. If you live outside community visit:**

**ONLINE:** getvaccinated.gov.bc.ca/s/ (Personal Health Number required)
**BY PHONE:** 1-833-838-2323 (Personal Health Number not required)

Updated Sept 21, 2022

# www.fnha.ca