

COVID-19 vaccine

# Pregnancy & breastfeeding

Getting vaccinated is an important step to protect yourself and your pēpi from COVID-19.

You can get the vaccine at any stage of pregnancy, if you're breastfeeding or trying for a baby.



# If you're **pregnant**

## **Protection**

You can get the Pfizer vaccine (Comirnaty) at any stage of pregnancy. The vaccine protects you as you're far less likely to fall seriously ill.

It also protects your pēpi as there is evidence that babies can get antibodies through the placenta that help protect them from COVID-19.

## **COVID-19 risks for pregnant people**

If you catch COVID-19 when you're pregnant, you are more likely to become very unwell.

If you're not vaccinated, you are more likely to be admitted to the intensive care unit – particularly with the Delta variant.

There are also increased risks for babies. Babies are five times more likely to be born prematurely and require neonatal intensive care.

## **Safety**

Millions of pregnant people have been vaccinated around the world.

Data shows no evidence that the vaccine is associated with an increased risk of miscarriage during pregnancy, and no additional safety concerns have been raised.

The Pfizer vaccine does not contain a live virus or any ingredients that are harmful to pregnant people or their babies.

## If you're **breastfeeding**

If you're breastfeeding, you can get a COVID-19 Pfizer vaccine (Comirnaty) at any time.

Studies show there are no additional safety concerns or issues with continuing to breastfeed after vaccination.

Breastfeeding supports the development of a healthy immune system, and if you're vaccinated against COVID-19, there is evidence that you can provide extra protection for your pēpi through antibodies in your breastmilk.

## If you're **trying for a baby**

There is no evidence to suggest that the Pfizer vaccine affects fertility.

If you're planning a pregnancy, you can receive the COVID-19 vaccine at any time.

### **Vaccine side effects**

Like all medicines, the vaccine may cause side effects. Most side effects are mild and don't last long – they're more common after the second dose.

There will be health professionals at every vaccination site to help if you do have a reaction.

The most common side effects are:

- a sore arm from your injection – you can put a cold cloth or ice pack on it to feel better
- a headache
- feeling tired
- feeling feverish or sweaty.



For more information and links to research, visit **[health.govt.nz/pregnancy-breastfeeding](https://health.govt.nz/pregnancy-breastfeeding)**

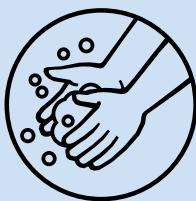
If you have any questions or concerns discuss them with your healthcare professional.

You can report any side effects you experience at:  
**[report.vaccine.covid19.govt.nz](https://report.vaccine.covid19.govt.nz)**

**After your vaccination, it's still important to:**



**Stay home if you are sick**



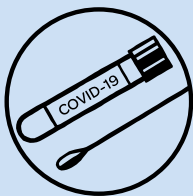
**Wash or sanitise your hands**



**Wipe down all commonly used surfaces**



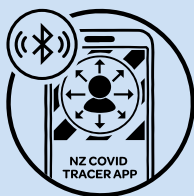
**Wear a mask on all public transport if you are able**



**If you have COVID-19 symptoms, get a test**



**Cover coughs and sneezes**



**Use the NZ COVID Tracer to scan QR codes to record your visits; turn on Bluetooth tracing.**



You can book online at:

**BookMyVaccine.nz**

Or call the COVID  
vaccination healthline on:

**0800 28 29 26**

Available 8am to 8pm, 7 days a week.  
We'll make the booking for you and  
answer any questions.



HP7824 | 29 September 2021

New Zealand Government

Unite  
against  
COVID-19



MANATŪ HAUORA