

# I'm pregnant or breastfeeding. Should I get the COVID-19 vaccine?

For most people, getting the COVID vaccine as soon as possible is the safest choice. However, trials testing the vaccine in pregnant and breastfeeding women have not been completed. The information below will help you make an informed choice about whether to get the COVID vaccine while you are pregnant, trying to get pregnant or breastfeeding.

## YOUR OPTIONS:



Get the COVID vaccine as soon as it is available.



Wait for more information about the vaccine in pregnancy and during breastfeeding.

## WHAT ELSE SHOULD I THINK ABOUT TO HELP ME DECIDE?

1

Make sure you understand as much as you can about COVID-19 and about the vaccine. Ask a trusted source, like your healthcare provider.

2

Think about your own personal risk of getting COVID-19 and the risk of COVID-19 where you live.

Look at the columns below and think about **your** risk of getting COVID-19 (Left). Think about your safety and the potential risks of the vaccine (Right).

### Risks of being exposed to COVID-19 are higher if...

- You have contact with people outside your household who do not wear masks
- You are a healthcare worker in close contact with patients who are known or suspected to have COVID-19
- You need to travel outside Nova Scotia

### Risks of getting sick from COVID-19 and admitted to hospital are higher if...

- You are 35 year old or older
- You are overweight
- You have other medical problems such as diabetes, high blood pressure, or heart disease
- You are a smoker
- You are in a racial or ethnic minority group

**If you are at increased risk of COVID-19 it may be wise to get the vaccine sooner.**

### If you are not at increased risk of COVID-19 (do not meet criteria on left) and...

- You are always able to wear a mask
- You and the people you live with can physically distance from others
- You think the vaccine itself will make you very nervous (you are more worried about the unknown risks than about getting COVID-19)

**... you might choose to delay getting the vaccine.**

If you are in the first trimester of pregnancy it may be wise to wait until later in pregnancy to get the vaccine unless you are at high risk of COVID-19.

