

How do MRnA vaccines work?

- The Pfizer/Moderna Vaccines are messenger vaccines and provide your body with the “blueprint” of the COVID-19 virus.
- This “blueprint” helps your body fight the virus.
- The MRnA Covid-19 vaccines do not contain the virus



Why Should Pregnant Women Get Vaccinated

- Pregnant women are considered high risk for Covid-19 and are more likely to be hospitalized than non pregnant women.
- Pregnant women who end up in hospital are more likely to be in the ICU
- Getting Covid-19 while pregnant can be harmful to your baby.



Will my baby be affected by the vaccine?

- The Covid-19 vaccine does not affect your baby. Your body will produce antibodies after vaccination and these antibodies will help protect your baby.

Will the vaccine affect my breast milk?

- The vaccine is not detectable in breast milk from vaccinated mothers



COVID-19 AND PREGNANCY

Is there anyway I can get vaccinated from home?

- Currently homebound vaccinations are not available unless you have a serious health concern.
- If you think you are eligible contact our office for more information.



What side effects are common after vaccination?

Common side effect are:

- Soreness at the injection site on your arm
- Tiredness
- Chills
- A mild headache

These symptoms should go away
1-3 days after vaccination



COVID-19 AND PREGNANCY

Will the COVID-19 vaccine affect my fertility?

COVID-19 vaccines does not cause infertility.

How else can I keep me and my family safe?

Continue to follow guidelines set by the Provincial government

- Wash/sanitize your hands
- Wear face masks in public
- Continue to social distance
- Avoid crowded areas



How to talk to your doctor about the vaccine

1

Make a list before your appointment with any questions or concerns you have that you would like to ask your doctor and bring it to your appointment.

2

If you don't understand something your doctor is saying let them know and ask them to explain things in a way you can understand.

3

Ask your doctor to go through a pro's and con's of getting vaccinated.

4

Ask your doctor to provide you with any additional material that you can take home with you and look over.

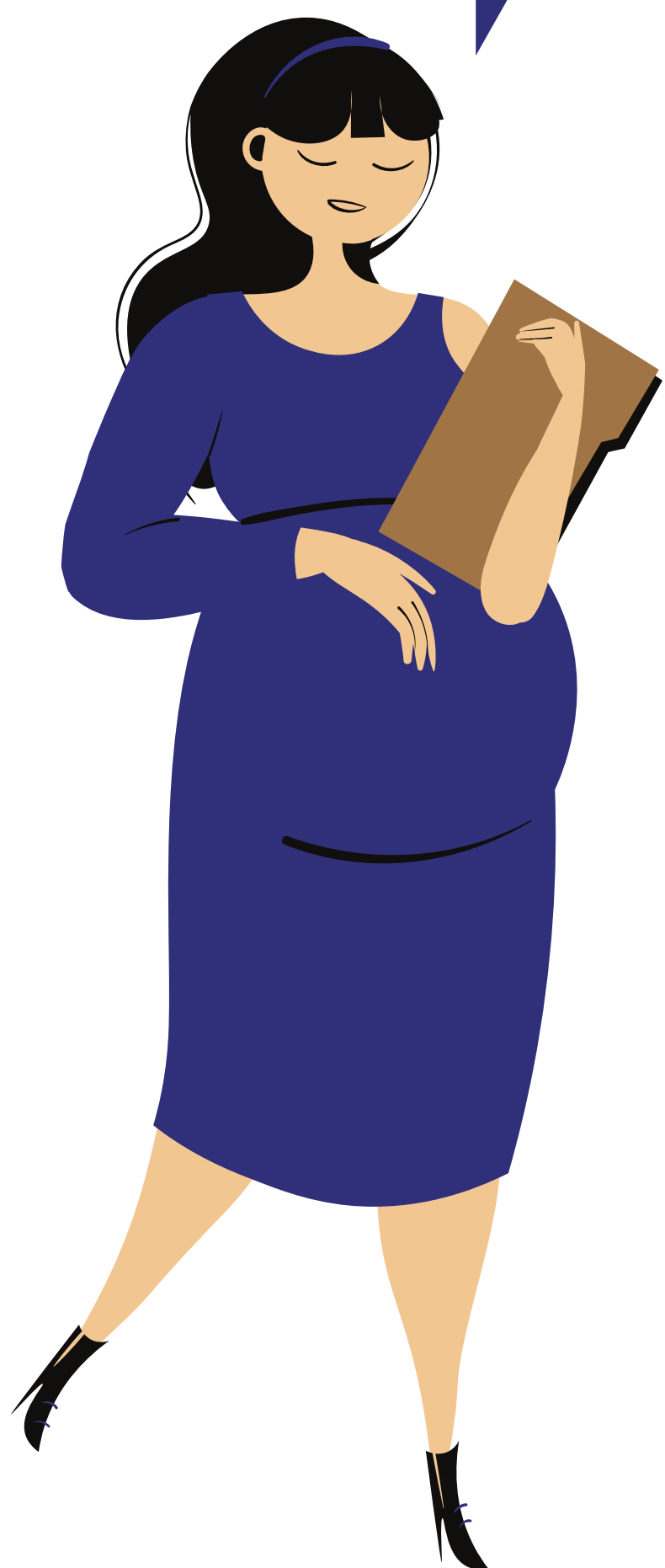
5

Remember that this vaccination is your choice, and your doctor should help you feel informed. If you feel uncomfortable talking about vaccination or would prefer to continue the conversation later let your health care provider know.

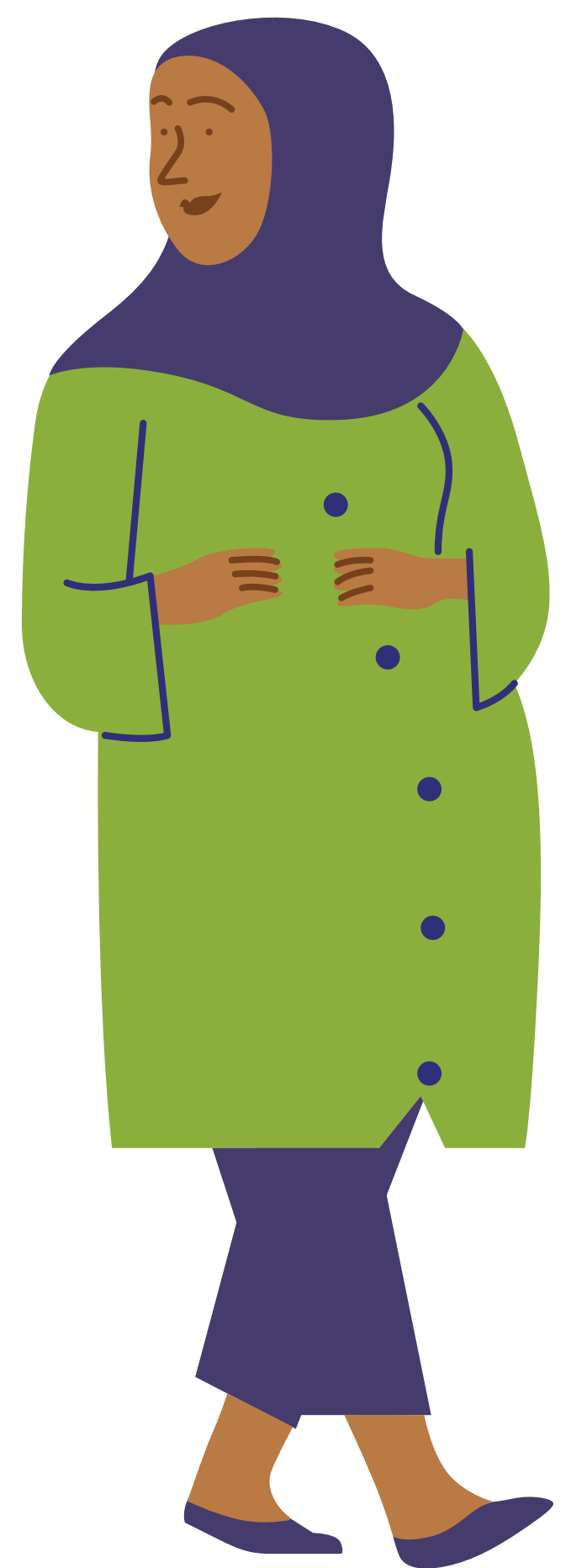
COVID-19 AND PREGNANCY

What else should I consider before getting vaccinated?

Make sure you understand as much as you can about COVID-19 and about the vaccine.



Ask a trusted source, such as your obstetrician, midwife, family doctor or nurse.



COVID-19 AND PREGNANCY

What else should I consider before getting vaccinated?

Think about your own personal risk.

The risk of getting
COVID-19 is much
higher if:

- You live in a community with a lot of COVID-19 cases.
- You have regular contact with people outside your home.
- You live in a crowded housing situation.
- You or a member of your household, work in a high-risk environment (e.g., you are a front-line essential worker or healthcare worker)



COVID-19 AND PREGNANCY

Want to book a vaccination appointment?

Here's where to reach us:

- Phone: 416-925-5141x4444
- Email: covid@surreyplace.ca
- Visit us at: <https://www.surreyplace.ca>



COVID-19 AND PREGNANCY

References

City of Toronto. (2021). What is in the Covid-19 vaccine. Retrieved Jan 07 2021, from <https://www.toronto.ca/wp-content/uploads/2021/04/95d2-Vaccination-QA-Twitter-What-is-in-the-COVID19-Vaccines.pdf>

Mary Ann Gatbonton, R. N. (2021, October 21). Covid-19 vaccine and fertility. Pregnancy to Parenting. Retrieved January 7, 2022, from <https://pregnancytoparenting.ca/2021/10/21/covid-19-vaccine-and-fertility/>

Ontario Provincial Government. (2021). Covid-19 vaccines in pregnancy. <https://www.ontario.ca/page/covid-19-vaccines-pregnancy>

Provincial Council for Maternal and Child Health. (2021, October 25). Covid-19 vaccine information sheet. PCMCH. Retrieved January 7, 2022, from https://www.pcmch.on.ca/?attachment_id=7893

Science Table Covid-19 Advisory for Ontario (2021). The incidence severity and management of Covid- 19 in critically ill pregnant individuals. Covid Science Advisory Table. <https://covid19-sciencetable.ca/sciencebrief/the-incidence-severity-and-management-of-covid-19-in-critically-ill-pregnant-individuals/>

World Health Organization. (2021, May 19). How to talk about vaccines. World Health Organization. Retrieved January 7, 2022, from <https://www.who.int/news-room/feature-stories/detail/how-to-talk-about-vaccines>