

COVID-19 vaccine Myth Busters

Vaccine Myth Busters – Pregnancy and Fertility

Myth: You can get COVID-19 from the vaccine.

Fact: False. You cannot get COVID-19 by taking the vaccine because none of the approved COVID-19 vaccines contain the live SARS-CoV-2 virus.

Myth: The COVID-19 vaccine causes infertility.

Fact: False. No evidence has been found to suggest that COVID-19 vaccines have any effect on fertility among the millions of individuals who have so far received the vaccine. There is no difference in pregnancy success rates among women who have been vaccinated for COVID-19 versus women who had a recent COVID-19 infection versus women who have not had COVID-19 or received the vaccine.

Women who are actively trying to conceive may be vaccinated. You do not need to delay getting pregnant after you receive the vaccine. There has been no increased risk of miscarriages in women who received the COVID-19 vaccine.

It is recommended that women who are trying to get pregnant get the vaccine as soon as possible so that they are protected and have a lower risk of getting COVID-19 infection while pregnant.

Myth: COVID-19 vaccines can cause severe side effects.

Fact: It is common to feel side effects after getting a COVID-19 vaccine, especially after the second dose, however these are typically minor. These may include body aches, fatigue, fever and pain at the injection site. These side effects usually last less than a few days.

Myth: I am pregnant so I shouldn't get the vaccine.

Fact: False. The initial data recommended that pregnant women not get the vaccine as the risks were unknown. However now that we have real-world data and studies involving pregnant women, we know that pregnant women have a higher risk of severe disease or pre-term delivery if they contract COVID-19, while there are not any known increased risks associated with receiving the vaccine during pregnancy.

Myth: I can't get the COVID-19 vaccine if I'm breastfeeding.

Fact: False. COVID-19 vaccines are recommended in breastfeeding women. Although no safety data exists about the use of the vaccine in those breastfeeding, there is no evidence that the vaccine is harmful to breastfeeding women or their babies. You do not have to delay or stop breastfeeding after vaccination.

Myth: It's a bigger risk to get vaccinated than to take my chances getting COVID-19 while pregnant.

Fact: Vaccines are safe and effective. Pregnant and recently pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people. Not being vaccinated and getting COVID-19 while pregnant puts you at higher risk of hospitalization and adverse outcomes for both you and your baby. The benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy.

References and Resources

- https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html#anchor_1628692520287
- <https://www.nejm.org/doi/full/10.1056/NEJMoa2104983>
- https://sogc.org/common/Uploaded%20files/Latest%20News/SOGC_Statement_COVID-19_Vaccination_in_Pregnancy.pdf
- <https://www.llhc.ca/covid-19>