

COVID-19 Vaccine myths and facts

Are COVID-19 vaccines safe if I am or become pregnant?

Yes, the SOGC, NACI and a number of other national and international bodies “Recommend the COVID-19 vaccine for all pregnant, breastfeeding and planning to become pregnant women and persons”.

The vaccine is considered safe.¹

What are the potential benefits of COVID-19 vaccination in pregnancy expected for the pregnant woman and person?

COVID-19 vaccines are equally effective in pregnancy (as in non-pregnant populations) to prevent COVID-19.

By preventing cases of COVID-19 in pregnancy, vaccination may reduce the chance of being

- admitted to hospital while pregnant with COVID-19
- ending up in the intensive care unit with COVID-19
- delivering a baby preterm due to COVID-19

What are benefits of COVID-19 vaccination in pregnancy expected for new born babies?

You will make antibodies to fight COVID-19 and these will be passed along to your baby while you are pregnant to potentially protect them from COVID-19.

Antibodies will also be in your breast milk and passed on to a baby who is breast feed to potentially protect against COVID-19.

Fertility

Could the COVID-19 vaccine cause infertility?

There is misinformation circulating around COVID-19 vaccines and infertility. COVID-19 vaccines do not cause infertility and there is no scientific reason to believe that they will cause infertility. Recent studies have shown that they do not impact fertility.^{2, 3}

In fact, getting the COVID-19 vaccine before getting pregnant may **protect you and your future baby** from the harms of COVID-19 in pregnancy.

Menstrual cycle irregularities

Does the COVID-19 vaccine impact your menstrual cycle?

The menstrual cycle is a complicated process impacted by multiple factors including sleep, stress, infection, diet, and exercise. In fact, getting COVID-19 itself can impact the menstrual cycle with more than 35% of women and persons who get COVID-19 noting changes in their menstrual cycle after infection.⁴

While there are many theories around how changes in menstrual cycles may occur (e.g., inflammation) none have been proven.

In the UK over 41 million doses of COVID-19 vaccines have been given with only 21 680 (0.0005%) of women per dose reporting changes in the menstrual cycles.^{5, 6, 7}

Other vaccines have not impacted the menstrual cycle.⁸

While studies to determine if the impact of the COVID-19 vaccine on menstrual cycle are ongoing, and if it does impact the menstrual cycle we would expect it to be limited to 1-2 cycles. What we do know is that having a severe illness such as COVID-19 does impact the menstrual cycle and can impact the menstrual cycle for much longer.

References

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