

19 infection.

Where can I get the vaccine?

You don't need to book – just walk in or drive up to any of our community vaccination centres.

Find locations at

If you have questions, talk to your midwife or family doctor.

www.vaccinateforauckland.nz

Where can I find out more information?

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists

<https://rancog.edu.au/statements-guidelines/covid-19-statement/covid-19-vaccination-information>

New Zealand College of Midwives

<https://www.midwife.org.nz/midwives/covid-19/covid-19-information-for-women/>

The Immunisation Advisory Centre

<https://covid.immune.org.nz/resources/written/covid-19-vaccination-pregnancy-and-lactation-fact-sheet>

Ministry of Health

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-vaccines/covid-19-vaccine-health-advice>

Covid-19 vaccination

during pregnancy and breastfeeding

Getting vaccinated is the best way to protect yourself and your pēpi.

The vaccine is safe to get at all stages of pregnancy and while breastfeeding.

We also recommend that whanau get vaccinated to protect hapū person and pēpi.

What is the vaccine?

The vaccine is used to train your immune system to create **antibodies** which fight disease. In this way, your body is ready if it comes into contact with the disease again. The vaccine only contains proteins that are similar to some parts of the virus, rather than being the active virus itself.

You will need two doses of the vaccine to get the best protection.

Is the vaccine safe?

Yes! Data is now available from large numbers of pregnant people around the world who have been vaccinated during pregnancy. The Pfizer vaccine is not a live vaccine. There is no risk of catching Covid-19 from the vaccine.

Like all medicines, the vaccine may cause side effects in some people. Most side effects are mild and don't last long.

Why should I get the vaccine?

Wāhine/Women

During pregnancy, the vaccine protects you as you're far less likely to fall seriously ill with Covid-19.

Pregnancy changes the way the body responds to infections. Getting the vaccine reduces the chance of catching Covid-19 and means you will be:

- much less likely to develop a severe infection.
- 10 times less likely to need care in an intensive care unit than non-pregnant people
- less likely to need breathing support.

Pēpi/Babies

Covid-19 infection during pregnancy has increased risks for pēpi, including:

- Being born by emergency Caesarean section
- Being born early (prematurely)
- Being stillborn
- Getting Covid-19

After birth, it's important to remember that Covid-19 infections in babies are dangerous. This is because their immune systems are not developed enough to fight infections.

If people get the vaccine during pregnancy and breastfeeding, they are able to give some of the protection to their babies. This improves the baby's ability to fight a Covid-

