

After your vaccination, it's still important to:



Stay home if
you are sick



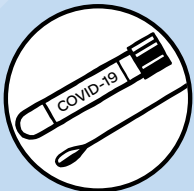
Wash or sanitise
your hands



Wipe down all
commonly used
surfaces



Wear a mask on all
public transport
if you are able



If you have COVID-19
symptoms, get a test



Cover coughs
and sneezes



You can book online at:

[BookMyVaccine.nz](https://www.bookmyvaccine.nz)

Or call the COVID
vaccination healthline on:

0800 28 29 26

Available 8am to 8pm, 7 days a week.
We'll make the booking for you and
answer any questions.



COVID-19 vaccine Pregnancy & breastfeeding

Getting vaccinated is an important
step to protect yourself and your pēpi
from COVID-19.

You can get the Pfizer vaccine at any stage
of pregnancy, if you're breastfeeding or trying
for a baby.



If you're pregnant

Protection

You can get the Pfizer vaccine (Comirnaty) at any stage of pregnancy. The vaccine protects you as you're far less likely to fall seriously ill.

It also protects your pēpi as there is evidence that babies can get antibodies through the placenta that help protect them from COVID-19.

There is insufficient data on the use of Novavax in pregnant women, so Pfizer remains the preferred choice of vaccine for this group.

COVID-19 risks for pregnant people

If you catch COVID-19 when you're pregnant, you are more likely to become unwell.

There are also increased risks for babies. Babies are five times more likely to be born prematurely and require neonatal intensive care.

Vaccination can help reduce the risk of being infected with COVID-19 and passing it on. It also reduces the chances of you becoming very ill and ending up in the hospital.

Safety

Millions of pregnant people have been vaccinated around the world.

Data shows no evidence that the vaccine is associated with an increased risk of miscarriage during pregnancy, and no additional safety concerns have been raised.

The Pfizer vaccine does not contain a live virus or any ingredients that are harmful to pregnant people or their babies. If you are pregnant you can get a COVID-19 Pfizer vaccine at any time.

If you're breastfeeding

If you're breastfeeding, you can get a COVID-19 Pfizer vaccine (Comirnaty) at any time.

Studies show there are no additional safety concerns or issues with continuing to breastfeed after vaccination.

Breastfeeding supports the development of a healthy immune system, and if you're vaccinated against COVID-19, there is evidence that you can provide extra protection for your pēpi through antibodies in your breastmilk.

If you're trying for a baby

There is no evidence to suggest that the Pfizer vaccine affects fertility.

If you're planning a pregnancy, you can receive the COVID-19 vaccine at any time.



Various side effects

Like all medicines, the Pfizer vaccine may cause side effects. Most side effects are mild and don't last long – they're more common after the second dose.

There will be health professionals at every vaccination site to help if you do have a reaction.

The most common side effects are:

- a sore arm from your injection – you can put a cold cloth or ice pack on it to feel better
- a headache
- feeling tired
- feeling feverish or sweaty.

There are some side effects that are more serious but very rare, like a severe allergic reaction or myocarditis (inflammation of the heart) or pericarditis (inflammation of the tissue forming a sac around the heart).

Symptoms of myocarditis or pericarditis linked to the vaccine generally appear within a few days, and mostly within the first few weeks after having the vaccine. If you develop difficulty breathing, a racing heart, chest pain or feel faint immediately or in the days after the vaccine, you should seek prompt medical attention.



For more information and links to research, visit [health.govt.nz/pregnancy-breastfeeding](https://www.health.govt.nz/pregnancy-breastfeeding)

If you have any questions or concerns discuss them with your healthcare professional.

You can report any side effects you experience at: report.vaccine.covid19.govt.nz