

# Pregnant, trying for a baby or breastfeeding?

## Don't delay getting your COVID-19 vaccinations



It's very important to get your COVID-19 vaccination at any stage of pregnancy. This is because you can get very sick if you have COVID-19. And, there's a significant risk of miscarriage and pre-term delivery.

Vaccinating during pregnancy may also help protect your baby. There's evidence that they can get antibodies to the virus through your cord blood.

If you're planning a pregnancy, you can still get your COVID-19 vaccinations. The Pfizer vaccine will not affect your fertility or your baby's genes or DNA. The vaccine does not enter the nucleus of any cells, which is where your DNA is.

There are also no safety concerns about getting your COVID-19 vaccinations while you're breastfeeding. Plus, getting vaccinated can provide some protection for your baby against COVID-19 through your breastmilk.

**Book in now or find out more**  
[vaccinateforauckland.nz](https://vaccinateforauckland.nz)

**Unite  
against  
COVID-19**

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

## How to get your COVID-19 vaccinations

You can just turn up at any of our 17 vaccination centres across Auckland.

Visit [vaccinateforauckland.nz](https://vaccinateforauckland.nz) to find your nearest centre and opening hours.

You can also book an appointment if you prefer.

 Online – go to [bookmyvaccine.nz](https://bookmyvaccine.nz)

 By phone – call **0800 28 29 26**  
(8am to 8pm, 7 days a week).

Alternatively check with your GP or local pharmacy to see if they are providing vaccinations.

For the best protection, it's important to get both doses of the vaccine.

## What about the vaccine's safety?

The Pfizer vaccine has been thoroughly assessed for safety by our own Medsafe experts and international medical safety agencies.

Medsafe only grants consent for using a vaccine in Aotearoa once they're satisfied it has met strict standards for safety, efficacy and quality. This is the same process used to assess medicines and other vaccines, like the flu vaccine.

There have been no shortcuts taken in granting approval. The Pfizer vaccine has been used successfully by millions worldwide. Ongoing monitoring for safety continues.

Global data from the large number of pregnant people already vaccinated shows there are no additional safety concerns if you are pregnant. There is no evidence that the COVID-19 vaccine is associated with an increased risk of miscarriage during pregnancy.

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

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## Is the vaccine effective?

The COVID-19 vaccine is highly effective if you have both doses. Studies show around 95% of people who have received both doses of the vaccine are protected against getting severe COVID-19 symptoms, which can lead to hospitalisation and sometimes death.

This means once you are fully vaccinated, you are far less likely to fall seriously ill and less likely to transmit the virus to others.

## What's in the Pfizer vaccine?

It is made up of chemicals and ingredients that include very small amounts of fats, salts and sugars. It does not contain any live, dead or deactivated viruses or any animal products. It cannot give you COVID-19.

## What about other vaccinations during pregnancy?

You can still get other vaccinations you may need during your pregnancy, such as the flu vaccine, or whooping cough (pertussis) vaccine (Boostrix) from 16 weeks of pregnancy. There is no need for a gap between these vaccines and your COVID-19 vaccination.

## Where can I find good information?

You can find trusted information about the vaccine and COVID-19 at:

- Unite Against COVID-19 – [Covid19.govt.nz](https://Covid19.govt.nz)
- Ministry of Health – [health.govt.nz](https://health.govt.nz)
- Te Puni Kokiri – [Karawhiau.nz](https://Karawhiau.nz)
- Ministry for Pacific Peoples – [mpp.govt.nz](https://mpp.govt.nz)

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