

About COVID-19 Vaccines

Building Vaccine Confidence Through Knowledge



It is natural to have questions. Some people have asked about:

Fertility

There is no evidence that any vaccines, including COVID-19 vaccines, cause fertility issues.

Menstruating people who received COVID-19 vaccines had a less than one-day increase in the length of their cycles around the time of their doses. This temporary change is within the range of **normal variation**.

Pregnant People

Pregnant people are at increased risk of severe illness with COVID-19. Getting a COVID-19 vaccine can protect pregnant people from severe illness due to COVID-19 and can help them build **antibodies that might protect their babies**.

Breastfeeding

Breastfeeding, when possible, has many benefits and offers the most protection against infection and illness throughout infancy and childhood. Breastfeeding people who have received a COVID-19 vaccine have **antibodies in their breastmilk that could help protect baby**. Breastmilk isn't known to transmit COVID-19.

Caring for Baby

Once a baby is born, they can get COVID-19 from other people. Parents can help protect themselves and baby by getting vaccinated and following **public health measures**:

- wearing a mask when in close contact with others
- if indoors, opening windows if possible to improve air flow and ventilation
- maximizing physical distance from others
- handwashing/hand sanitizing

Children

Children under 12 years of age receive a different dose than people who are 12 or older. The vaccine provides good protection in the 2 months after vaccination. **No safety issues were detected** during testing in children. The most commonly reported side effects in young children are:

- pain, redness or swelling where the shot was given
- fatigue, headache, chills, muscle pain, fever, joint pain, swollen lymph nodes, nausea and vomiting, and feeling unwell



Why get vaccinated

Viruses constantly mutate, creating what we call variants which can be more contagious. Vaccines protect against severe illness caused by variants like, Omicron. **To strengthen individual protection** as variants circulate and restrictions lift, it is recommended that booster dose(s) be given to those who are eligible.



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