

Information about vaccination against COVID-19 for pregnant and breastfeeding women



Read this pamphlet before you are vaccinated

Pregnant and breastfeeding women may be vaccinated against COVID-19.

The vaccination is voluntary and free.

Recommendation of vaccination of pregnant and breastfeeding women

The Danish Health Authority recommends that pregnant and breastfeeding women are vaccinated against COVID-19. The Danish Health Authority's recommendation is based on a professional assessment following scientific studies, compilation of data on how effective the vaccines are and any side effects from them, and advice from experts.

The conclusion is that it is safe and effective for pregnant or breastfeeding women to be vaccinated against COVID-19.

- If you're pregnant, we recommend vaccination in the 2nd or 3rd trimester. In general, medication in the 1st trimester of pregnancy is advised against as a precaution. The reason for this is that organs are formed in the first 12 weeks.
- If you're breastfeeding, you can be vaccinated immediately. This applies regardless of how long you have breastfed or when you gave birth.

Vaccination against COVID-19 is safe for pregnant and breastfeeding women

The vaccines against COVID-19 are effective and safe for pregnant and breastfeeding women. The vaccines from Pfizer BioNTech and Moderna offer the same protection in pregnant and breastfeeding women as they do in other people. Vaccination of pregnant and breastfeeding women has a positive effect on the baby, as the mother's antibodies are passed on to the baby via blood and breastmilk.

Pregnant and breastfeeding women may have the same side effects as others after vaccination. In the vast majority of cases, the side effects are mild. These mild side effects can be fatigue, headaches and fever, and typically last one or two days. Allergic reactions may occur in rare cases.

No increased risk of miscarriages, deformities or premature birth has been seen in women who have been vaccinated against COVID-19. In the USA, they have monitored pregnant women who have been vaccinated. The registry now includes over 100,000 pregnant women. There have been no worrying side effects seen here either.

There is no suspicion that the vaccine is transmitted to the foetus via the placenta or to the baby via breastmilk.

The health authorities continuously follow data on how effective and safe the vaccines are, and there is no indication that vaccination against COVID-19 poses an increased risk for either the mother or baby.

Pregnant and breastfeeding women are offered the vaccine in the USA and most countries in Europe.

COVID-19 in pregnant and breastfeeding women

The pandemic continues with new variants of coronavirus. It is therefore important that as many people as possible are vaccinated – especially those at higher risk.

Most pregnant and breastfeeding women will only experience mild symptoms if they are infected with novel coronavirus. However, some pregnant women may risk becoming more severely ill with COVID-19.

Studies from abroad have found that pregnant women who get COVID-19 have approximately twice as high a risk of hospitalisation in the intensive care unit. Studies also show that mothers with COVID-19 have a 2-3 times higher risk of giving birth prematurely or needing an emergency caesarean. The risk of becoming severely ill from COVID-19 is highest if you also have conditions such as diabetes, asthma, cardiovascular disease, are obese or are older than 35.

Like women of the same age, breastfeeding women have a low risk of becoming severely ill from COVID-19.

How to book your appointment

Book your vaccination appointment by logging in to www.vacciner.dk with your NemID. If you need help booking or changing your appointment, your Region can help you. You must be vaccinated twice to have full protection from the vaccine.

For further information and advice

Please find more information about vaccination against COVID-19 at the Danish Health Authority's website. If you are pregnant, you can get advice from your midwife at your next appointment. If you are breastfeeding, you can get advice from your health visitor.



The Danish Health
Authority's website

I do not want to be vaccinated

If you are pregnant or breastfeeding and do not want to be vaccinated, it is important that you follow the Danish Health Authority's advice on preventing infection. You can then protect both yourself and your baby.

You will still have the option to be vaccinated later.

Continue to follow the advice on preventing infection – especially if you are not vaccinated



Stay at home and get tested if you have symptoms



Keep your distance



Open windows and doors and ventilate your home regularly



Wash your hands often or use hand sanitiser



Clean your home often, especially surfaces that are touched by many people