



# Information about vaccination against covid-19 for pregnant and breastfeeding women



## The Danish Health Authority recommends pregnant and breastfeeding women to get vaccinated against covid-19

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.

## Covid-19 in pregnant and breastfeeding women

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 are at a higher risk of hospitalisation in the intensive care unit and are at a 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.

Is it safe for pregnant and breastfeeding women to be vaccinated against covid-19.

Pregnant and breastfeeding women are offered the vaccine against covid-19 in most European countries.

The vaccines against covid-19 are effective and safe for pregnant and breastfeeding women.

No increased risk of miscarriages, deformities or premature birth has been seen in women who have been vaccinated against covid-19. The vaccine protects mother and child against severe illness. 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.

## Which side effects can be expected?

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.

## When should I be vaccinated?

Pregnant women can be vaccinated under their whole pregnancy, regardless which trimester they are in. It is recommended to be vaccinated as early as possible in the pregnancy, to ensure the best protection of the vaccine.

When breastfeeding, they can get vaccinated immediately, regardless of how long they have been breastfeeding and when they gave birth.



## 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.

## 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 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