Pregnancy and COVID-19 Vaccinations

Are you pregnant or have recently given birth? Here’s what you should know about getting vaccinated.

Why should I get vaccinated?

Pregnant women are more likely to get severely ill with COVID-19 compared with the general public.

COVID-19 vaccines generate immunity against the virus in pregnant and breastfeeding women. Due to the growing number of variants in the community, it is safer to be vaccinated than not.

What happens if I’m diagnosed with COVID-19 while I’m pregnant?

You might experience:
- An increased risk of medical complications
- A need for greater oxygen support
- A need for immediate ICU admission

Are all pregnant women equally vulnerable?

There’s a greater risk if you are:
- Older
- Have a higher body mass index (BMI)
- Already have other pregnancy complications

Which vaccine should I get?

At present, messenger (mRNA) vaccines are recommended for pregnant and breastfeeding mothers.

There are currently two vaccines approved for use in Singapore (Pfizer-BioNTech and Moderna vaccines), and they are both made using mRNA.

The mRNA vaccine:
- Harmlessly activates an immune response to COVID-19
- Teaches our body to fight the virus
- Gets broken down in our body within 2 days

I’m breastfeeding. Is my baby safe if I get vaccinated?

Reports show breastfeeding mothers who have received the vaccine have protective antibodies in their breast milk, which could offer additional protection to the baby.

I’m planning to get pregnant. Can I still get vaccinated?

Studies show no link between COVID-19 vaccines and fertility levels.

What to note before vaccination?

1. Check with your OB-GYN if you’re a suitable candidate
2. Wait at least 14 days between taking a COVID-19 vaccination and other vaccinations
3. Get vaccinated at a hospital
4. Carry your vaccination card with you at all times
5. Take regular paracetamol in the event of a fever (unless allergic)
6. If any major symptoms arise after vaccination, seek immediate medical attention.