

COVID-19 Vaccines in Pregnancy and Breastfeeding

MotherSafe - Royal Hospital for Women

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Information in this leaflet is general in nature and should not take the place of advice from your health care provider. With every pregnancy there is a 3 to 5% risk of having a baby with a birth defect.

Breast milk provides optimum nutrition for babies and conveys many additional health benefits to mother and baby. Information on COVID-19 vaccines is rapidly changing. For the most up to date information please call MotherSafe.

What is COVID-19?

COVID-19 is a respiratory illness caused by a coronavirus (called SARS-CoV-2).¹ This virus is spread by respiratory droplets from our mouths and noses, mostly by close person-to-person contact.¹ When an infected person coughs, talks, breathes or sneezes, the virus can easily spread to others who are close by.¹

Issues for pregnancy

There has been a large increase in our knowledge about COVID-19 and pregnancy.¹ It is expected that the majority of pregnant women infected with COVID-19 will experience mild or moderate symptoms and most of these women are expected to make a full recovery.² However studies of COVID-19 infection have shown that pregnant women are at a significantly increased risk of severe illness and hospital admission (including ICU) compared to non-pregnant people.^{1,2,3} This risk is more so for pregnant women in the third trimester, those with pre-existing medical problems (such as diabetes, high blood pressure) or who are overweight or older than 35 years of age.³ Also, pregnant women with COVID-19 may be at an increased risk of other poor outcomes related to pregnancy such as preterm birth, compared to pregnant women without COVID-19.^{1,2,3}

What are COVID-19 vaccines?

COVID-19 vaccines work by switching on your body's defences against the virus that causes COVID-19.¹ These vaccines do not contain live virus that could cause COVID-19.³ The vaccines currently approved in Australia are Comirnaty (Pfizer), Spikevax (Moderna) and Vaxrexia (Astra-Zeneca).⁴

Comirnaty (Pfizer) and Spikevax (Moderna) are mRNA vaccines and are the preferred vaccines for women who are pregnant.^{3,4} This is because research has shown that Comirnaty (Pfizer) and Spikevax (Moderna) are considered safe for pregnant women at any stage of pregnancy and Vaxrexia (Astra-Zeneca) has been associated with rare cases of a blood clotting condition which appears to be more common in younger adults, including women of childbearing age.^{3,4} However, Vaxrexia (Astra-Zeneca) is not anticipated to increase risks to baby and may be used when planning or to complete a dosing schedule when pregnant or while breastfeeding (see Planning a pregnancy and Breastfeeding sections).⁴

All the vaccines require two doses to provide good protection against COVID-19, including against the Delta strain.^{3,4} Information about protection from the Omicron variant is not yet available, but current recommendations are two vaccine doses and a booster from 5 months after the 2nd dose.³ The Comirnaty (Pfizer) vaccine doses are given between 3 to 6 weeks apart and the Spikevax (Moderna) vaccine doses are given between 4 to 6 weeks apart.³ The Vaxrexia (Astra-Zeneca) vaccine doses are given with a 4 to 12 weeks separation.⁵ It is important to follow official recommendations as an incomplete course of vaccination will only give you limited protection against COVID-19.^{1,3}

COVID-19 vaccines help to protect people who are vaccinated from getting sick or severely ill with COVID-19.¹ However, it is still not known how long the vaccines will protect people from the virus or how much they will stop a person from spreading the virus if they have it.¹ So it is important to continue to help protect yourself from infection by wearing a face covering, avoiding close contact with those that are sick, avoiding crowds and washing hands often.¹

Planning a pregnancy

Women who are planning pregnancy or undergoing fertility treatment may receive either Comirnaty (Pfizer), Spikevax (Moderna) or Vaxrexia (Astra-Zeneca) vaccines and do not need to delay vaccination or avoid pregnancy before or after vaccination.^{3,4,6} There is no evidence that COVID-19 vaccination will affect your fertility or the outcomes of your treatment cycle or your reproductive health.⁶

If you become pregnant after your first dose, it is recommended that you have the second dose while pregnant.^{3,4} Pregnant women who have already received a first dose of Vaxrexia (Astra Zeneca) vaccine may receive either the Comirnaty (Pfizer), Spikevax (Moderna) or Vaxrexia (Astra-Zeneca) vaccine for their second dose.^{3,4}

If you are pregnant

Pregnant women are a priority group for COVID-19 vaccination. The current recommendation for pregnant women is that they should be routinely offered the Comirnaty (Pfizer) or Spikevax (Moderna) vaccine at any stage of pregnancy.^{3,4} Vaccination is the best way to reduce the chance of severe illness from COVID-19 in pregnant women.³ It is unknown if there is an optimal time during pregnancy to have a Comirnaty (Pfizer) vaccine or Spikevax (Moderna) vaccine, either for the benefit of the mother or to protect her newborn, therefore it is recommended to have a Comirnaty (Pfizer) or Spikevax (Moderna) vaccine as soon as you are offered one.^{3,4} To ensure adequate protection, pregnant women are recommended to complete the routine schedule of Comirnaty (Pfizer) or Spikevax (Moderna).^{3,4}

This recommendation has been changed recently because world-wide information has now been collected and reports have shown that mRNA COVID-19 vaccines, such as Comirnaty (Pfizer) and Spikevax (Moderna) are safe to use in pregnant women.^{3,4} There has not yet been as much follow up for the Vaxrexia (Astra-Zeneca) vaccine (although it is not anticipated to be harmful to the unborn baby).³ Research has also shown that the antibodies produced by vaccination cross the placenta and may provide some protection to newborn infants.³

Pregnant women are advised to have their booster vaccine when they are eligible to receive it, in line with general recommendations.⁷

COVID-19 vaccine side effects

Common side effects reported following COVID-19 vaccination include soreness at the injection site, headache, muscle pain, fever, chills and tiredness.³ If you experience these symptoms, you can take paracetamol.³ It is not suggested that you need to take paracetamol before having a COVID-19 vaccine.³

COVID-19 vaccine timing in relation to other vaccines

An interval of at least seven days between a dose of a COVID-19 vaccine and any other vaccine is suggested.³ This applies to both doses of the COVID-19 vaccine.³ This may affect the timing of the two vaccines usually recommended during pregnancy:

- Influenza vaccine which may be given at any time during pregnancy
- Whooping cough vaccine which is usually given between 20 and 32 weeks of pregnancy³

However this time interval may be shortened (including same day administration) in special circumstances, such as a tetanus prone wound or outbreak of influenza or COVID-19.³ You can talk to your immunisation provider about making a schedule for each vaccine dose.³

Breastfeeding

There is no evidence that women who are breastfeeding while sick with COVID-19 have an increased risk of severe illness compared to women who are not breastfeeding.^{1,3} The virus that causes COVID-19 is unlikely to pass through breastmilk and the benefits of breastfeeding are greater than the risk of passing COVID-19 through the breastmilk.² Women who are breastfeeding while sick with COVID-19 can help prevent the virus passing the virus to their babies by washing their hands frequently and wearing a mask while breastfeeding.²

If you are breastfeeding, vaccination with Comirnaty (Pfizer), Spikevax (Moderna) or Vaxrexia (Astra-Zeneca) is recommended; you do not need to stop breastfeeding before or after vaccination.^{4,5} There is no evidence that any COVID-19 vaccine is harmful to the breastfed baby, nor are there any expected concerns about their safety specific to breastfeeding women or their babies.^{1,3} This is because they contain no live virus and the ingredients of the COVID-19 vaccine are not expected to pass into the breast milk.⁴ If they did, they would be quickly destroyed in

the baby's gut.³ Therefore it is extremely unlikely to have any effect on your baby.³ In addition, research has shown that antibodies made by a mother's body after having COVID-19 vaccine pass to the breastfed infant via breastmilk.^{3,5} Therefore Comirnaty (Pfizer), Spikevax (Moderna) or Vaxzevria (Astra-Zeneca) vaccine may be given while breastfeeding and are recommended due to the benefits of preventing COVID infection in settings of community risk.⁴

References

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6. Australian & New Zealand Society for Reproductive Endocrinology and Infertility. Advice for COVID Vaccine and Fertility Treatments. 12 February, 2021. Available from: <https://anzsrei.com/covid-vaccine-and-fertility/> Accessed December 2021
7. The Royal Australian and New Zealand College of Obstetricians and Gynaecologists ((RANZCOG). RANZCOG reiterates advice on COVID-19 vaccination. 08 December 2021. Available from <https://ranzcof.edu.au/news/ranzcof-reiterates-advice-on-covid-19-vaccination> Accessed December 2021

Other resources

The Organization of Teratology Information Specialists / MotherToBaby (OTIS/MTB). COVID-19 Vaccines. August 2021. Available at <https://mothertobaby.org/fact-sheets/covid-19-vaccines/>



NSW Medications in Pregnancy & Breastfeeding Service

For more information call MotherSafe: NSW Medications in Pregnancy and Breastfeeding Service on 9382 6539 (Sydney Metropolitan Area) or 1800 647 848 (Non-Metropolitan Area) Monday -Friday 9am-5pm (excluding public holidays)