

Frequently Asked Questions about COVID vaccines in Pregnancy

Are all pregnant people eligible for a COVID vaccine in Halton and Peel regions?

Yes. pregnancy is now considered a high risk medical condition for COVID-19, and *all* pregnant people, along with one essential caregiver, are eligible for the COVID vaccine at this time.

Are partners (who live in the same household) of pregnant clients eligible for a COVID vaccine?

Probably. All pregnant people can also have one essential caregiver qualify for the COVID vaccine. The definition of an essential caregiver is “someone providing direct, frequent and sustained in-person personal care and/or assistance with activities of daily living to the [pregnant] individual”

Additionally, adults (16+) in hotspots in both Halton and Peel regions, as well as adults with certain conditions or occupations may also qualify. See info at links below, as this updates frequently:

[Halton Region Information and Eligibility](#)

[Peel Region Information and Eligibility](#)

Additionally, all adults (40+) are eligible to receive the AstraZeneca vaccine through [participating local pharmacies](#).

How do I get a COVID vaccine appointment?

In Halton Region, you can book your vaccine through the [Halton Region Website](#), or by calling 311.

In Peel Region, you can book your vaccine by calling 1-888-999-6488.

Do I need a letter from my midwife to get myself or my partner a COVID vaccine?

No, you do not need a letter from your midwife. Please bring your ID you used to book the appointment. If you think you have special circumstances and may need a letter, please talk to your midwife. Your partner also does not need a letter, even if their appointment is not at the same time as yours.

Will they still let me have an appointment if I am not visibly pregnant?

Yes, even if you are earlier in pregnancy and not visibly pregnant, you will be able to receive your vaccine without proof of pregnancy and without a letter from your midwife.

Can I still make a COVID vaccine appointment if me or my partner do not have OHIP?

Yes, the COVID vaccine is available to all Ontario residents, even if they do not yet have OHIP. When registering for the vaccine, select your alternate ID as “Passport”, enter your foreign passport number, and register. Bring this passport *as well as proof of residency in Halton Region* when you go to your vaccine appointment. If you are unable to book this way online, please call to book your appointment.

Is it safe to get the COVID vaccine if I am pregnant?

Pregnant individuals were not included in the original trials of the approved COVID vaccines. However, based on how the vaccines were developed, we do not expect pregnancy complications based on receiving a COVID vaccine.

Please see the [excellent summary](#) of vaccine knowledge, safety, and decision making in pregnancy released by PCMCH.

Are there benefits to getting the COVID vaccine if I am pregnant?

Pregnant people who receive the COVID vaccine may be less likely to develop a severe case of COVID-19 if exposed, and less likely to need hospitalization or experience any resulting pregnancy complications due to COVID-19 exposure.

Some preliminary evidence is showing the baby may receive COVID-19 antibodies from the pregnant parent if the parent receives a COVID vaccine in pregnancy, but not enough is yet known on this topic.

Please see the [excellent summary](#) of vaccine knowledge, safety, and decision making in pregnancy released by PCMCH.

Are there risks to getting the COVID vaccine if I am pregnant?

Please see the [excellent summary](#) of vaccine knowledge, safety, and decision making in pregnancy released by PCMCH.

What is the optimum timing to get the COVID vaccine in pregnancy?

After assessing your personal risk and lifestyle, if you want to get the COVID vaccine in pregnancy, there are no current recommendations on optimum timing. The soonest available appointment may be your best option.

While we do not *expect* pregnancy complications as a result of COVID vaccines, out of an abundance of caution, clients may consider getting their COVID vaccine after they have completed the first trimester of pregnancy (12+ weeks).

Is there specific timing I should plan if I want both the COVID vaccine and the TDAP vaccine in pregnancy?

When scheduling the COVID vaccine, you should not have had any *other* vaccines, including TDAP, for at least 2 weeks before your COVID vaccine.

After receiving your COVID vaccine, you should wait 4 weeks before getting any *other* vaccines, including TDAP.

What if the timing of my first or second dose of the vaccine is around my due date?

When booking your first or second dose vaccine appointments, you will likely not be given a wide range of choices. Many people will choose the first available appointment, even if this falls around their due date. If you know you will not make it to your first or second dose appointment, please cancel as soon as you can to open up appointment spots for others in the community. You can call the vaccine booking hotlines to explain your need to reschedule (childbirth), and request a prompt rescheduling. At this time, pregnancy is not a condition that allows a shorter or longer booked interval between the two vaccine doses.

Should I get the Pfizer or Moderna or AstraZeneca vaccine?

It doesn't matter. When booking through Halton Region or Peel Region, you will be receiving the Pfizer or Moderna vaccine: you will be administered whatever is available at the vaccination site that day, you will not get to choose. They will ensure your second dose is of the same vaccine you got with the first dose. AstraZeneca vaccines are available through participating pharmacies ONLY for adults (including pregnant adults) 40+ years old.