



# COVID-19 vaccine

## Info sheet for people who are pregnant or breastfeeding



This info sheet is about getting the **COVID-19 vaccine** when you are

- **Pregnant**
- **Breastfeeding.**



The **COVID-19 vaccine** is a medicine that can help stop you from getting very sick from COVID-19.



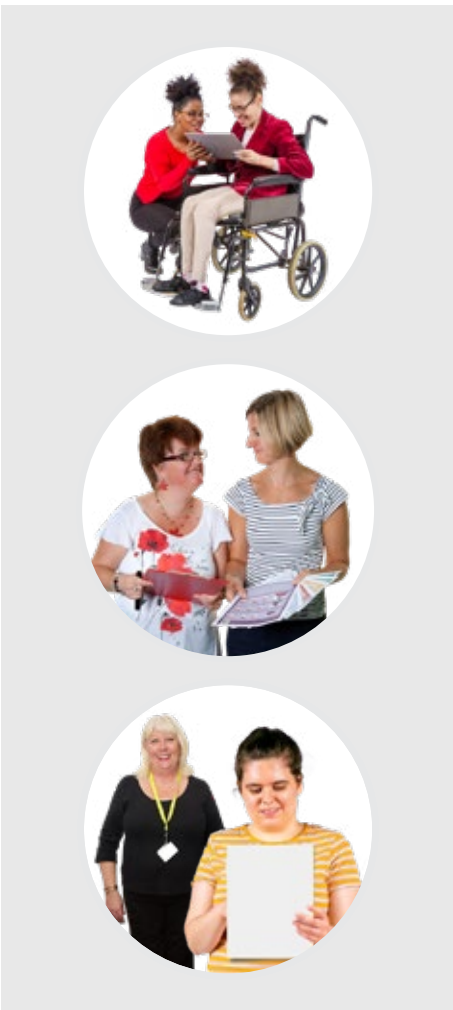
**Pregnant** means that you are having a baby.



**Breastfeeding** means that you feed your baby with milk from your breasts.



You can ask someone for help to read this info sheet.



This could be a

- Family member
- Friend
- Support worker.

# Should you get the COVID-19 vaccine if you are pregnant or breastfeeding?



If you get COVID-19 when you are pregnant you could get very sick from it.



The baby in your belly could also get sick from COVID-19.



The COVID-19 vaccine can stop you and your baby from getting very sick from COVID-19.



Ask your doctor when is a good time to get a COVID-19 vaccine when you are pregnant.

## Is it safe?

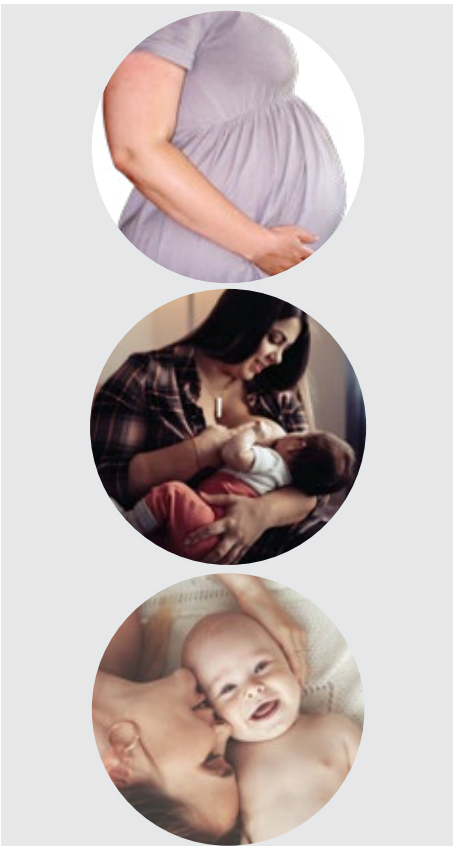


There is a group of people who know a lot about health and the COVID-19 vaccine.

Australian Technical  
Advisory Group  
on Immunisation  
(ATAGI)

They are called the **Australian Technical Advisory Group on Immunisation**.

We say **ATAGI** for short.



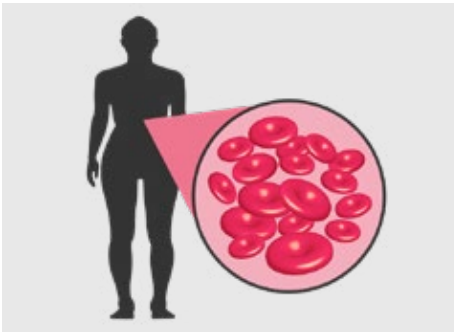
ATAGI says it is safe for people to get the COVID-19 vaccine if they are

- Pregnant
- Breastfeeding
- Trying to have a baby.

# How does the COVID-19 vaccine help you?



COVID-19 vaccines help your body make **antibodies**.



**Antibodies** are small things in your blood.

They help your body deal with getting sick from things like colds or the flu.



Antibodies do not hurt your baby.



After you get the COVID-19 vaccine your baby in your belly might get some of the antibodies.



When you are breastfeeding your baby might get some antibodies from your milk.



Antibodies can help your baby's body learn how to deal with COVID-19.

# Book a COVID-19 vaccine

You can book to get a COVID-19 vaccine at



- Your doctor



- Chemist or Pharmacy



- Places run by NDIS service providers



- Aboriginal Community Health Services.



## More information



For more information about COVID-19

- Call the **Disability Gateway**

The number is **1800 643 787**

The website is

**[www.disabilitygateway.gov.au](http://www.disabilitygateway.gov.au)**

- Call the **National Coronavirus Helpline**

The number is **1800 020 080**.

Choose number 5 for information in English.

Choose number 8 for free information in other languages.

- Go to the **Department of Health and Aged Care** website

The website is **[www.health.gov.au](http://www.health.gov.au)**





You can call the **Translating and Interpreting Service** for information in your language.

The number is **131 450**.



You can call the **National Relay Service** if you

- Are deaf



- Find it hard to hear people over the phone.



The number is **1800 555 660**.

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.