

**To:** Nova Scotia Health Care Practitioners and Immunizers  
**From:** Dr. Shelley Deeks, Deputy Chief Medical Officer of Health  
**Date:** January 24, 2022  
**Re:** ***Booster dose interval for individuals who are pregnant***

---

Individuals who are pregnant are at increased risk of morbidity from COVID-19 infection when compared to non-pregnant individuals. COVID-19 infection in pregnancy may increase the risk of poorer pregnancy outcomes including premature birth, stillbirth, and caesarean delivery. The National Advisory Committee on Immunization (NACI) recommends that a complete mRNA COVID-19 vaccine series should be preferentially offered to pregnant persons. Pregnant adults are included as those recommended to receive an mRNA COVID-19 booster dose.

It is important that individuals who are pregnant receive their booster dose when eligible. Evidence indicates that there is placental transfer of mRNA COVID-19 vaccine-derived antibodies, leading to passive protection in the neonate. By the end of the week of January 24<sup>th</sup>, 2022, **individuals who are pregnant** may begin to book their mRNA COVID-19 **booster dose at a shortened interval of 140 days following completion of their primary series**. Ensuring more pregnant persons receive a booster dose of mRNA COVID-19 vaccine provides protection for them and their neonate against COVID-19 disease. NACI recommends that COVID-19 vaccines for adolescents/adults may be given at the same time as, or any time before or after, other vaccines including the influenza, and tetanus, diphtheria and acellular pertussis (Tdap) vaccine.

Patients consistently rank healthcare providers as their most trusted source for vaccine information. A healthcare provider's recommendation to get the COVID-19 vaccine has a positive impact on individuals' intentions to be immunized. [Nova Scotia's Reproductive Care Program](#) has resources available for care providers to use with pregnant and breastfeeding individuals to guide discussion about COVID-19 vaccination.