

# Influenza and coronavirus vaccines for pregnant women

Influenza and coronavirus infections are just as common among pregnant women as the general population, but pregnant women are at higher risk of becoming seriously ill. The likelihood of serious illness increases as the pregnancy progresses. Serious illness on the part of the mother also poses risks to the foetus. The vaccine for pregnant women protects both the mother and the child.



## Recommendations for pregnant women

1. It is recommended that pregnant women in the second and third trimester get the influenza and coronavirus vaccines before winter.
2. Pregnant women in the first trimester should get the vaccine if they also belong to another risk group.

These recommendations apply to the 2024/2025 autumn and winter season.

### Protects the mother

Studies show that the vaccines provide just as good protection for pregnant women as they do for other healthy adults.

### Protects your child

Infants are at higher risk of severe coronavirus and influenza symptoms than older children and adults. Vaccines administered to the mother during pregnancy protect the child for the first six months after birth.

Being vaccinated against influenza and/or coronavirus during pregnancy does not entail an increased risk of miscarriage, premature birth or damage to the foetus.

### About the vaccines

The vaccines are administered as a single dose. They do not contain any live virus and cannot cause influenza or coronavirus infections. Influenza and coronavirus vaccines do not protect against other viruses and bacteria that can cause similar symptoms.

The vaccines do not contain any preservatives.

### Adverse reactions

All vaccines can cause side effects, but not everyone experiences these.

The most common side effects from the influenza and coronavirus vaccines are tenderness, redness and swelling at the injection site, as well as fever, mild illness, fatigue and muscle aches. Some people also experience headaches, diarrhoea, joint pain and nausea. The coronavirus vaccine may cause stronger and more common side effects than the influenza vaccine.

Side effects normally set in 1-2 days after vaccination and can last for up to 3 days.

Serious side effects and allergic reactions are very rare following vaccination with the influenza or coronavirus vaccines. If you are unsure about any symptoms or the duration of these following vaccination, please contact your doctor.

### Where can I get the influenza and coronavirus vaccines?

Check with your midwife, GP or the local authority website.

### Further information

Further information about influenza, coronavirus and vaccinations is available at:

[www.fhi.no/influenzavaksine](http://www.fhi.no/influenzavaksine) and <https://www.fhi.no/rad-for-gravide-og-ammende>



This information sheet can be downloaded from [fhi.no/voksenvaksinasjon](http://fhi.no/voksenvaksinasjon).