



Information about vaccinations for people who are pregnant

If you are pregnant, vaccination against whooping cough, influenza and COVID-19 is recommended for your sake and that of your baby. Here you can read more about why, as well as what these diseases involve.

All three diseases can spread through the air and infect others when the person who is sick coughs or sneezes. When you receive vaccines while you are pregnant, they will also protect your baby.

About whooping cough

Whooping cough is an illness that often begins as a cold with a cough and sometimes a mild fever. In adults, the illness often causes prolonged coughing. For children, after one or two weeks, the cough can become so intense that it turns into whooping, meaning it becomes difficult to get air between the coughing attacks. The illness is highly contagious and can be serious and even fatal for young children.

When you get vaccinated against whooping cough during pregnancy, you also protect your baby. The child receives antibodies to whooping cough from you. This protects your baby from the illness from birth until they can get vaccinated at three months of age. Vaccination also strengthens your own immunity against whooping cough, makes you less susceptible to infection, and reduces the risk of infecting your baby. That is why it is recommended that you get vaccinated against whooping cough if you are pregnant. This vaccination is offered after the 16th week of pregnancy.

About COVID-19

COVID-19 can cause a serious respiratory infection in pregnant people. The illness also involves an increased risk of premature birth, and in rare cases it can damage the placenta. That is why it is important for you to get vaccinated against COVID-19 if you are pregnant.

If you have not yet been vaccinated, it is recommended that you do so. This vaccination is offered after the 12th week of pregnancy.

About influenza

Seasonal influenza can make pregnant people seriously ill. The illness can also affect your pregnancy and your unborn baby. That is why it is recommended that you get vaccinated against influenza. Vaccination is offered in the autumn and winter months, after the 12th week of pregnancy.

The vaccines are safe for you and your baby

All vaccines used in Sweden are well-proven, effective and safe for you and your unborn baby. Serious side effects are very rare.

No vaccine provides one hundred percent protection. However, if you still become infected after getting vaccinated, the illness will most likely be milder than it would have been without a vaccine.

In addition to vaccinations and knowledge of how these illnesses spread, good hand hygiene is important. Wash your hands with soap and water or use hand disinfectant. This further reduces the risks of exposing yourself to illness.

If you have any questions about vaccinations during pregnancy, you can talk to your midwife or health centre.