
Influenza vaccine for pregnant women

Influenza is as common among pregnant women as other women, but pregnant women are at greater risk of severe disease. The risk increases as the pregnancy progresses. If the mother becomes seriously ill, this can pose a danger to the foetus. The vaccine for pregnant women protects both mother and child.

Recommendations for pregnant women

Pregnant women in their 2nd and 3rd trimesters are advised to have the vaccine before the start of the influenza season. Pregnant women in their 1st trimester are advised to have the vaccine if they also belong to another risk group.

The recommendation applies to the influenza season (autumn and winter).

Protects the mother

Studies show that the influenza vaccine provides just as much protection for pregnant women as for other healthy adults.

Protects the child

Infants are at greater risk of severe influenza than older children and adults. If the mother is vaccinated during pregnancy, her child will be protected for the first six months after birth. Having the influenza vaccine during pregnancy does not increase the risk of miscarriage, premature birth or harm to the foetus.

About the influenza vaccine

The influenza vaccine recommended for pregnant women is given as a single dose and contains only fragments of the influenza virus, salts and water. The vaccine does not cause influenza disease.

The influenza vaccine does not protect against coronavirus (COVID-19) or other viruses and bacteria which cause influenza-like symptoms.

Side effects

Common side effects are tenderness, redness and swelling around the injection site, as well as muscle pain. Serious side effects and allergic reactions are very rare after influenza vaccination.

How can I get the influenza vaccine?

Check with your midwife, doctor or the municipality's website.

Further information

More information about influenza and the vaccine is available at www.fhi.no/en/id/influenza/seasonal-influenza/
