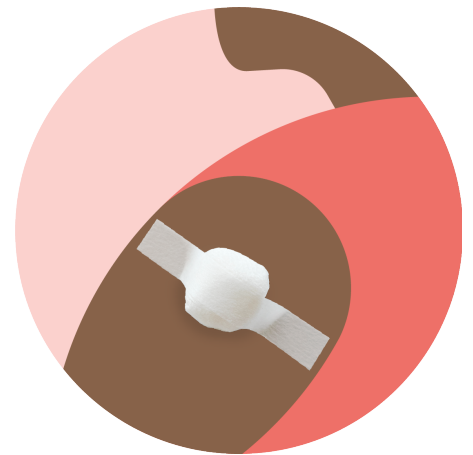


# Influenza vaccine for pregnant women

Influenza is as common among pregnant women as it is in the rest of the population, but pregnant women are at greater risk of becoming seriously ill, and the likelihood of serious illness increases as the pregnancy progresses. As serious illness also poses a danger to the unborn child, the vaccine protects both the mother and the child.



## Recommendations for pregnant women

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

The recommendation applies to the 2025/2026 autumn and winter season.

## Protects the mother

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

## Protects your child

Infants are at greater risk of severe influenza than older children and adults. Vaccinating mothers during pregnancy helps to protect the baby during its first few months of life. Studies show that vaccination against influenza during pregnancy does not increase the risk of miscarriage, premature birth or harm to the foetus.

## About the vaccines

The vaccine is administered as a single dose. It does not contain any live virus and therefore cannot cause influenza. The influenza vaccine does not protect against other viruses and bacteria that can cause similar symptoms.

## Adverse reactions

Not everyone experiences side effects from vaccines, although all vaccines can cause such effects. The most common side effects of the influenza vaccine are

tenderness, redness and swelling around the injection site, as well as fever, mild malaise, fatigue and muscle pain.

Serious side effects and allergic reactions are very rare after vaccination with the influenza vaccine. Consult your doctor if you are unsure about any symptoms or how long they can last for after vaccination.

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

Check with your midwife or doctor's surgery or on your municipality's website.

## Further information

More information on influenza, coronavirus and vaccination is available at

[www.fhi.no/influensavaksine](http://www.fhi.no/influensavaksine) and [www.fhi.no/rad-for-gravide-og-ammende](http://www.fhi.no/rad-for-gravide-og-ammende)



For more information, see [fhi.no/voksenvaksinasjon](http://fhi.no/voksenvaksinasjon)