



Take care of
yourselves!

If you are expecting a child – vaccinate yourself against Covid-19 and influenza

Covid-19 and influenza can make some people seriously ill – among others, pregnant women. In order to decrease that risk, it is recommended that those who are pregnant should get vaccinated after the 12th week of pregnancy. You can take both vaccines at the same time.

By vaccinating yourself, you protect both yourself and your child.

Vaccination is free of charge

In Skåne, vaccination is free of charge for those who are pregnant. Speak with your midwife or contact your health care center for more information.

Read more at [1177.se](https://www.1177.se)

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