

### PLANNING PREGNANCY:

Protect yourself from vaccine-preventable infectious diseases.



Check your vaccination history on the Health Portal

Make sure you have received the following vaccines:

- MMR vaccine (measles, mumps, rubella)
- Hepatitis B vaccine
- Chickenpox vaccine (if you have not had the disease)
- Seasonal flu vaccine
- Tick-borne encephalitis vaccine



Consult your family doctor. If you are in a high-risk group, it is recommended that you receive vaccinations against meningococcal and pneumococcal infections.



Avoid pregnancy within 28 days of receiving a live vaccine.

### DURING PREGNANCY:

Recommended vaccinations during pregnancy protect both the mother and the baby.



The flu and COVID-19 vaccines are safe and recommended at any stage of pregnancy. Additionally, it is advised to receive the diphtheria, tetanus, and whooping cough vaccine during the third trimester, specifically between the 28th and 38th week of pregnancy.



Pregnant women in the high-risk group are vaccinated with live vaccines only when exposure to the disease is likely or unavoidable.

### BREASTFEEDING

Breastfeeding women can safely receive most vaccines.



Get vaccinated against the flu as flu season approaches. If needed, protect yourself from other dangerous infectious diseases with vaccination.



Only women in the high-risk group are vaccinated against yellow fever if they are likely to be exposed to the disease or if exposure is unavoidable.

## Vaccination during pregnancy and breastfeeding



## VACCINATION PLAYS A CRUCIAL ROLE IN ENSURING A HEALTHY PREGNANCY

- During pregnancy, the mother's cellular immunity weakens, making her more susceptible to severe diseases.
- The immune protection developed by the mother also extends to the unborn child, providing them with protection from infection.
- Antibodies passed from the mother to the fetus continue to protect the newborn and infant during the first months of life.



## MATERNAL VACCINATION PROVIDES THE BEST PROTECTION FOR THE CHILD

If you have any questions, please consult with your midwife, family nurse, or family doctor.

Family doctor's helpline **1220**



vaksineeri.ee

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## PROTECT YOURSELF AND YOUR CHILD

By receiving vaccines, you not only shield yourself from infectious diseases but also safeguard your unborn baby from life-threatening illnesses.

TERVISEKASSA



TERVISEAMET

Considering vaccination while planning for a baby can significantly mitigate the risk of serious infectious diseases, safeguarding both maternal and fetal health. Contracting viral illnesses during pregnancy poses a threat of transmission to the fetus, potentially resulting in severe complications for both mother and child.

Experiencing infectious diseases heightens the likelihood of fetal harm, as well as the risk of premature birth or miscarriage.

## CERTAIN VACCINATIONS ARE RECOMMENDED BEFORE BECOMING PREGNANT

- Review your vaccination records through the Health Portal, and if needed, consult your family doctor for guidance.
- Ensure you have received the combined measles, mumps, and rubella vaccine.
- Additionally, it's advisable for individuals who have not had chickenpox to receive the chickenpox vaccine.

It's advisable to receive the measles-mumps-rubella (MMR) vaccine and the chickenpox vaccine at least one month before planning pregnancy. These vaccines are available for a fee and can be administered at vaccination offices in major hospitals or by a family doctor.

Rubella is a highly contagious viral disease that is generally mild, causing symptoms such as fever, rash, and joint pains. However, the disease can lead to severe outcomes, particularly in relation to congenital rubella syndrome. Contracting rubella during the first trimester of pregnancy can result in a 90% chance of giving birth to a child who is blind, deaf, has a heart defect, or is intellectually disabled. Infections in the second trimester cause malformations in about a third of cases. Additionally, rubella infection in unvaccinated women has been associated with miscarriages.

## INACTIVATED VACCINES ARE SAFE DURING PREGNANCY

Pregnant women can be safely vaccinated with vaccines containing an inactivated virus, bacterium, or its antigens. These vaccines are safe for both the woman and the fetus. Vaccinations during pregnancy can protect against influenza, rabies, hepatitis A, hepatitis B, tick-borne encephalitis, whooping cough, tetanus, diphtheria, pneumococcal disease, meningococcal disease, and typhoid. It is especially recommended that pregnant women be vaccinated against influenza and whooping cough.

## THE FLU VACCINE IS NECESSARY AND PROVIDED AT NO COST FOR ALL PREGNANT WOMEN

The flu and COVID-19 vaccines are safe at any stage of pregnancy. After vaccination, the mother's immunity is passed to the baby, providing protection during the first six months of life. The flu and COVID-19 vaccines are necessary for all pregnant women, especially those in their second and third trimesters during the peak flu season (February-March). Vaccination is free for those in the risk group and can be done at your family doctor's office, many pharmacies, and vaccination offices in major hospitals across Estonia.

In pregnant women, the flu and COVID-19 can be severe, cause serious complications, and be life-threatening, both for the mother and the fetus. Pregnant women should get vaccinated before the start of flu season, ideally in the last weeks of September. The flu and COVID-19 vaccines can be given at the same visit.

## VACCINATION AGAINST WHOOPING COUGH IS RECOMMENDED IN THE THIRD TRIMESTER OF PREGNANCY

Whooping cough (pertussis) is an acute respiratory infection characterized by coughing fits that can last for weeks or even months. It is especially dangerous for babies, with most deaths occurring in infants under three months old. Whooping cough is also a known cause of sudden infant death syndrome.

In 2024, nearly 10,000 children aged seven months to 14 years in Estonia had not been vaccinated against whooping cough. As a result, whooping cough has become more common among young children in recent years. Vaccinating the mother protects the baby during the first months of life.

Antibodies against pertussis are transferred to the fetus across the placenta during the last four weeks of pregnancy. Therefore, it is recommended to vaccinate pregnant women with the diphtheria, tetanus, and pertussis vaccine during the third trimester between weeks 28 and 38 of pregnancy.

## LIVE VACCINES ARE NOT RECOMMENDED FOR PREGNANT WOMEN

Vaccines containing live attenuated viruses or bacteria, such as those for rubella, mumps, measles, chickenpox, and yellow fever, are not recommended during pregnancy. Women are only vaccinated against these diseases if exposure to them is likely or unavoidable.

## SIDE EFFECTS OF VACCINATION ARE TYPICALLY MILD AND TRANSIENT

As with other medications, vaccinations can occasionally cause side effects such as pain, swelling, and redness at the injection site. Some people may also experience fever, weakness, loss of appetite, or headache.

In most cases, these side effects do not require additional treatment. However, if needed, your family doctor can provide advice and instructions on managing them.

Vaccination is a much less burdensome and safer way for the body to develop immunity compared to enduring the actual diseases. The benefits of vaccination far outweigh the potential side effects.

VACCINATION IS PERMITTED AND SAFE DURING BREASTFEEDING