



If you are the guardian of a young child

Protect your infant against respiratory infections such as RSV and whooping cough

Certain viruses and bacteria can cause infants (children under the age of 1) to become seriously ill. The very youngest children are the most vulnerable. Here is some advice to protect infants against infections that are spread through the air.

Only spend time with people who are healthy

People who spend time with the infant must be healthy. Avoid spending time with people outside the family who have a cough or a runny nose. It is also important that everyone taking care of and spending time with the child is careful about hand hygiene, i.e. washes their hands with soap and water or uses alcohol-based hand sanitiser.

If possible, during the autumn and winter, avoid letting the child spend long periods in crowded indoor environments. This is when there is often a greater spread of viruses in the community.

Breastfeed if possible, as breastfeeding reduces the risk of respiratory infections. Avoid exposing your child to tobacco smoke.

RSV – vaccines are not available for children, but preventive medicine is available to some children

The RS virus can become dangerous for infants. It is most common during autumn and winter. The child may develop a fever, experience breathing difficulties and sometimes lose their appetite. Every year, many children are hospitalised due to problems with breathing and food due to RSV.

There is currently no RSV vaccine for children. But infants at a very high risk of falling seriously ill can be given preventive medication during the virus season. There are national recommendations concerning which children are affected.

Whooping cough – vaccines are available for those who are pregnant and infants

The whooping cough bacterium is most often spread during the late summer and autumn, and it can be a serious disease for infants. Prolonged coughing, severe breathing problems and difficulty eating can lead to children needing hospital care.

If you are pregnant, you are advised to get vaccinated against whooping cough to protect yourself and the infant against the disease. Once the child turns three months old, they will be offered the whooping cough vaccine from the children's health centre (BVC).

Vaccinations at the BVC do not cost anything and are voluntary

All children are offered protection against several serious diseases through vaccinations at the BVC. The vaccinations included in the national vaccination programme for children are free of charge and voluntary. The first vaccination protects against rotavirus and is administered as drops in the mouth when the child is six weeks old.

To make sure your child is healthy, it is important that you follow the advice below – even if the child has been vaccinated.

Protect your infant against infection

- Only spend time with people who are healthy.
- Everyone spending time with the child must wash their hands with soap and water or use hand sanitiser.
- During the autumn and winter, avoid letting the child spend long periods in crowded indoor environments.
- Vaccinate your child with the vaccines offered at the BVC.

Do you have any questions?

You are always welcome to contact your children's health centre (BVC) if you have any questions. You can also find out more here:

- [1177.se](https://www.1177.se)