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## 'Flu infections for breastfeeding mothers

**The information provided is taken from various reference sources. It is provided as a guideline. No responsibility can be taken by the author or the Breastfeeding Network for the way in which the information is used. Clinical decisions remain the responsibility of medical and breastfeeding practitioners. The data presented here is intended to provide some immediate information but cannot replace input from professionals and voluntary breastfeeding personnel.**

Many women who are breastfeeding, who come into the nationally agreed categories of "at risk" patients, will be offered the 'flu vaccination during the winter months.

There is no evidence that breastfeeding should be seen as a barrier to use of this vaccine.

- Influenza vaccine is given directly to babies over 6 months who are at risk
- Influenza vaccine is not orally bio-available and therefore cannot be absorbed from breastmilk
- Thiomersal-free vaccine should be used if available but if not available then thiomersal-containing vaccine can be used

### At risk patients

- Those with chronic respiratory disease – including those with symptoms of asthma requiring regular use of inhalers
- Those with chronic heart disease
- Those with chronic liver disease
- Those with chronic renal disease
- Those with chronic neurological disease
- Those with diabetes mellitus
- Those on immuno- suppressant medication
- Those with HIV
- Carers
- NHS employed staff

Other persons may chose to pay for vaccination via community pharmacists

**To find your nearest Breastfeeding Supporter call the Supporterline 0300 100 0210**

*Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package*

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Registered office Alexander Sloan, Chartered Accountants, 38 Cadogan Street, Glasgow, G2 7HF  
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### References

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- [http://www.immunisation.nhs.uk/FAQs/Can\\_I\\_get\\_a\\_flu\\_jab\\_if\\_Im\\_breast-feeding](http://www.immunisation.nhs.uk/FAQs/Can_I_get_a_flu_jab_if_Im_breast-feeding)