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.

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 choose to pay for vaccination via community pharmacists

For the 2014/15 season children aged 2, 3 and 4 years are also included in the routine programme and both mother and child can both be vaccinated at the same time.

References
- www.patient.co.uk/showdoc/40024883/
- Hale Medications and Mother’s Milk 2014 (16th Ed)

To speak to a Breastfeeding Supporter call the National Breastfeeding Helpline 0300 100 0212

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

- www.immunisation.nhs.uk/FAQs/Can_I_get_a_flu_jab_if_I’m_breast-feeding