

COVID-19 vaccine and breastfeeding

The Trust's midwives say:



**Pip Rafferty,
Community Midwife**

"I feed to protect her, I had my vaccine to protect her"



**Sam Ball, Infant Feeding
Specialist Midwife**

"I try to protect my family the best I can at all times. For my toddler, that means feeding her my milk and having the vaccine to help keep me healthy"



**Alice Burford,
Hospital Midwife**

"I need to be as healthy as possible for him. By having the vaccine, it provides more reassurance that I can continue being that for him"

The facts

- ✓ The JCVI (Joint Committee on Vaccination and Immunisation) advises there is no known risk in giving the COVID-19 vaccines to breastfeeding mums
- ✓ Other vaccines are safely used in breastfeeding mums (E.g. flu)
- ✓ The vaccine does not contain any infectious viral material so neither you nor your baby can get COVID-19 from the vaccine
- ✓ After vaccination, the mRNA particles in the vaccine are used up by your muscle cells at the injection site and thus are unlikely to get into your breast milk. Any mRNA particles that do reach the breast milk would likely be digested.

For any questions regarding whether to take the vaccine please speak to your midwife / obstetrician.