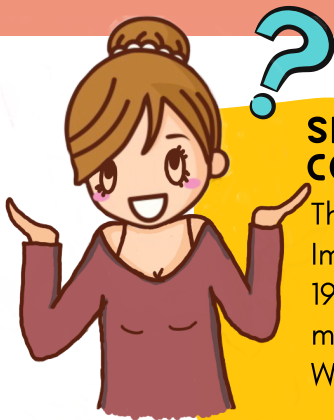


# COVID-19 Vaccination

## INFORMATION FOR BREASTFEEDING MOTHERS



### SHOULD I HAVE THE COVID-19 VACCINATION?

The Joint Committee on Vaccination and Immunisation (JCVI) has recommended that COVID-19 vaccine can be safely given to breastfeeding mothers. This is in line with recommendations from the World Health Organisation (WHO).



### HOW DO I GET A VACCINATION?

COVID-19 vaccines are now available for everyone aged 16 or over. You need 2 doses to be fully vaccinated (16 and 17 year olds are being offered 1 dose at present)

If you are aged 16 or over you can:

- book your COVID-19 vaccination appointments online
- find a walk-in COVID-19 vaccination site to get vaccinated without an appointment [nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/](https://nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/)
- wait to be contacted by your GP surgery



"Knowing the vaccine is safe for breastfeeding mothers and our babies gave me the confidence to have my jab."



### HORNSEY CENTRAL HEALTH CENTRE DROP-IN COVID-19 VACCINATION CLINIC

**Every day  
9am until 6pm  
(a midwife is available on  
Mondays if you would like  
to talk to them)**

## ARE THERE ANY SIDE EFFECTS?

The COVID-19 vaccine can cause side effects. Most tend to be mild and should last no longer than a week. They include:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You may get a high temperature or feel hot or shivery 1 or 2 days after your vaccination. You can take paracetamol if you need to. If your symptoms get worse or you are worried, call **111**

## DO I NEED TO STOP BREASTFEEDING?

The only things that pass into breast milk after receiving a vaccination are antibodies. This is not harmful to your baby - it may even give some protection against COVID-19. So you don't need to stop breastfeeding or avoid giving your breast milk at any time after having the vaccine.

## CAN I BREASTFEED IF I HAVE COVID-19?

Breast milk will contain antibodies to COVID-19 if you have been infected by the virus, so it is recommended that you continue to breastfeed if you feel well enough. However, you should take precautions to avoid giving the virus to your baby:

- Wash your hands before touching your baby
- Avoid coughing or sneezing on the baby
- You may consider wearing a fluid-resistant mask



## WHERE CAN I GET MORE INFORMATION?

There is lots more information about vaccinations as well as how COVID-19 is affecting our services at:

[whittington.nhs.uk/maternity](https://whittington.nhs.uk/maternity)