

COVID-19 vaccine and breastfeeding

COVID-19 vaccine and breastfeeding infographic launched

Advice for breastfeeding mothers about the current COVID-19 vaccine and whether it is safe for themselves and their babies has been unveiled.

The advice, in the form of an infographic, was today launched by the Australian Breastfeeding Association (ABA), the New Zealand Breastfeeding Alliance (NZBA) and the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG).

'There is no evidence of additional risks to breastfeeding women or their children from an approved COVID-19 vaccine', the infographic states, before going on to highlight the current vaccination program rollout underway across Australia and New Zealand. The infographic links to the advice of the Australian Government Department of Health and the New Zealand Ministry of Health. 'COVID-19 vaccines approved for use in Australia and New Zealand do not contain a live virus', the infographic adds. Download the infographic [COVID-19 vaccine and breastfeeding](#).

Prior to receiving the COVID-19 vaccination it is important that breastfeeding women discuss the COVID-19 immunisation with their health professional. RANZCOG Councillor Dr Nisha Khot said the advice would help breastfeeding women make an informed decision. 'There is so much information out there. It can become quite confusing for breastfeeding women. This infographic provides breastfeeding women with the relevant facts, in a concise, easy to understand way', Dr Khot said.

Senior Manager, Breastfeeding Information and Research at the Australian Breastfeeding Association, Naomi Hull, said that the aim of this infographic was to 'ensure that breastfeeding mothers have access to trusted information specific to their needs'.

NZBA Executive Officer Jane Cartwright said: 'We support the guidelines for COVID-19 vaccination especially for pregnant and breastfeeding mothers and whanau.'

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