

BREASTFEEDING AND VACCINES

Most vaccines can be given while breastfeeding. This is a good time to get caught up on any recommended vaccines you did not get before or during pregnancy.



FLU & COVID-19 VACCINES

WHEN: Every fall, starting as soon as the vaccines are available.

WHY: Getting a flu and COVID-19 vaccine while breastfeeding can pass protection (antibodies) to your baby through breast milk while also keeping you healthy.



TDAP VACCINE



WHEN: As soon as possible after delivery (postpartum), if you did not get the Tdap vaccine during pregnancy.

WHY: Pertussis (whooping cough) can be serious for young babies. Getting the Tdap vaccine after delivery lowers the chance of getting pertussis and passing the infection to your infant.

OTHER VACCINES

WHEN: As needed, discuss with a healthcare provider.

WHY: Most other live and non-live vaccines, including varicella, measles-mumps-rubella (MMR), human papillomavirus (HPV), hepatitis A and B, pneumococcal, and meningococcal can be given while breastfeeding. No special precautions are required.



SMALLPOX & YELLOW FEVER VACCINES

NOT RECOMMENDED WHILE BREASTFEEDING.

These vaccines should be avoided while breastfeeding. This is due to concerns about possible (and rare) side effects for the breastfed infant. However, if a breastfeeding woman must travel to an area where there is a high chance of getting yellow fever, it is recommended to get the vaccine even while breastfeeding, since the benefit of getting vaccinated would outweigh risks in this case.

HELPFUL REMINDER: Even if you receive vaccines while breastfeeding, your baby should still get their own vaccines according to the recommended childhood vaccination schedule.

HealthyChildren.org has helpful information about childhood vaccines.

