La Leche League International encourages continuing to nurse your baby through the flu

(22. January 2018) Raleigh, NC – La Leche League International encourages all families to recognize the importance of breastfeeding in providing immunological protection to the breastfed child. Most often, babies who are being nursed remain healthy even when their parents or other family members fall ill with an infectious illness, because they benefit from the antibodies provided in the lactating parent’s milk. Lactating parents who are infected or immunized with an appropriate vaccine during the antenatal period will produce sufficient quantities of specific secretory IgA antibodies in their milk to protect their nursing infants against infection from the influenza virus. Following good hygiene practices will also help reduce transfer of the virus.

(22. January 2018) Raleigh, NC – 国际母乳会鼓励所有家庭了解哺乳为儿童提供免疫保护的重要性。很多时候，宝宝的父母或其他家人因传染性疾病而生病时，哺乳中的宝宝却依然健康，因为他们受到母乳中抗体的保护。曾受感染或曾在孕期接受疫苗的哺乳期母亲会在母乳中制造足量特制的 IgA 抗体，用以保护哺乳中的婴儿免于感染流感病毒。遵循良好的卫生习惯也有助于降低病毒的传播。

The Centers for Disease Control (CDC) recently re-released an older report suggesting that breastfeeding should be temporarily discontinued and the lactating parent and baby separated when the parent exhibits flu symptoms. Members of La Leche League International’s Health Advisory Council have responded to concerns about the current applicability of the guidance offered. It is important to recognize that the report, originally developed during the 2009 H1N1 pandemic and updated in 2011, was based on concerns for newborns in labor, delivery, recovery, and postpartum hospital settings when their mothers have or are suspected of having influenza.

美国疾病预防控制中心（CDC）最近重新发布一份旧文件，建议当母亲出现流感症状时，应该暂停哺乳，而且母亲和宝宝要分开。国际母乳会健康咨询委员会的成员对该指南目前的适用性表示担忧。知晓以下信息非常重要：这份报告最早发布于 2009 年 H1N1 新型流感蔓延期间，并于 2011 年更新。该指南针对设有待产、分娩、恢复和产后等设施的医院中的新生儿，他们的母亲已经感染流感或怀疑正在遭受感染。

The Centers for Disease Control (CDC) recently re-released an older report suggesting that breastfeeding should be temporarily discontinued and the lactating parent and baby separated when the parent exhibits flu symptoms. Members of La Leche League International’s Health Advisory Council have responded to concerns about the current applicability of the guidance offered. It is important to recognize that the report, originally developed during the 2009 H1N1 pandemic and updated in 2011, was based on concerns for newborns in labor, delivery, recovery, and postpartum hospital settings when their mothers have or are suspected of having influenza.

Beyond the newborn stage, nursing babies or toddlers and nursing parents are generally living together in the same environment; they are exposed to the same germs. As the CDC explains, the “incubation period for influenza is 1-4 days (average: 2 days),” and “healthy adults may be able to infect others beginning 1 day before symptoms develop” (Centers for Disease Control and Prevention). Once the lactating parent has been exposed, so have the baby and the rest of the family. In addition, not every respiratory infection, even accompanied by fever, is the flu; winter is the season of many viral upper respiratory infections. Even colds may be accompanied by a fever at times.

新生儿阶段之后，哺乳中的婴儿和幼童与哺乳的母亲通常在同一个环境中一起生活，他们暴露在同样的致病菌中。根据 CDC 的解释，“潜伏期约 1-4 天（平均 2 天）”，“健康成年人在受感染的第一天尚未有任何症状时就能传给其他人”（疾病控制与预防中心），一旦哺乳的母亲受到感染，宝宝与其他家人可能也已经受到感染。此外，即使伴随发烧症状，并不是每一种呼吸道感染都是流感。冬天有许多病毒性上呼吸道感染的多发季节，即使是普通感冒，有时也会伴随发烧。

Beyond the newborn stage, nursing babies or toddlers and nursing parents are generally living together in the same environment; they are exposed to the same germs. As the CDC explains, the “incubation period for influenza is 1-4 days (average: 2 days),” and “healthy adults may be able to infect others beginning 1 day before symptoms develop” (Centers for Disease Control and Prevention). Once the lactating parent has been exposed, so have the baby and the rest of the family. In addition, not every respiratory infection, even accompanied by fever, is the flu; winter is the season of many viral upper respiratory infections. Even colds may be accompanied by a fever at times.

Separating the baby from the lactating parent may have serious consequences. Being refused the breast can be emotionally traumatic for nursing babies and toddlers and may not prevent the baby or toddler from developing the illness. The stress of separation may actually increase the risk of illness in the infant or toddler. In addition, it is important not to interrupt the immunological protection that nursing provides or to risk early weaning.

将哺乳中的宝宝与母亲分开可能造成严重的后果。被拒绝吸吮乳房可能导致情绪受创并且无法避免生病。事实上，分离所带来的压力会增加婴幼儿生病的风险。此外，非常重要的是；不应中断哺乳所提供的免疫保护，也不应冒着可能提早离乳的风险而去中断哺乳。

Separating the baby from the lactating parent may have serious consequences. Being refused the breast can be emotionally traumatic for nursing babies and toddlers and may not prevent the baby or toddler from developing the illness. The stress of separation may actually increase the risk of illness in the infant or toddler. In addition, it is important not to interrupt the immunological protection that nursing provides or to risk early weaning.

将哺乳中的宝宝与母亲分开可能造成严重的后果。对哺乳中的婴幼儿而言，被拒绝吸吮乳房可能导致情绪受创并且无法避免生病。事实上，分离所带来的压力会增加婴幼儿生病的风险。此外，非常重要的是；不应中断哺乳所提供的免疫保护，也不应冒着可能提早离乳的风险而去中断哺乳。

In normal circumstances, there is no need to interrupt direct breastfeeding. Instead, parents who believe they may have the flu are encouraged to follow good hygiene practices, such as thoroughly washing their hands and wearing a protective mask to prevent
spread of the virus. In unusual circumstances, when an interruption of nursing is deemed medically necessary, pumping or hand expression is encouraged. In such cases, the expressed milk, which contains antibodies specifically produced against the influenza virus, may be fed to the baby to help prevent the infection in the baby or to help reduce the severity and duration of the infection.

In normal circumstances, we do not recommend breastfeeding if the mother has symptoms of influenza. However, in situations where breastfeeding must be interrupted due to medical necessity, pumping or hand expression is encouraged. In such cases, the expressed milk, which contains antibodies specifically produced against the influenza virus, may be fed to the baby to help prevent infection in the baby or to help reduce the severity and duration of the infection.

The LLLI Health Advisory Council suggests families discuss the pros and cons of influenza vaccines with their health care practitioners. Public health services in families’ own countries may have recommendations about influenza vaccination for those who may be interested. The World Health Organization’s (WHO) Global Influenza Programme provides guidance to member states regarding influenza as it develops around the world. In the US, the CDC recommends vaccination for anyone who is lactating or pregnant, based on several studies conducted over a period of years, which have demonstrated that influenza immunization of mothers, either while pregnant or postpartum, protects both mothers and young infants up to about six months of age from acquiring influenza infections (e.g., Eick, et al., 2010; Schlaudecker, et al., 2013; Steinhoff, et al., 2010; Zaman, et al., 2008). Schlaudecker and her colleagues found that neutralizing IgA antibodies formed in human milk after influenza immunization of the mother. The American Academy of Pediatrics (AAP) also offers information regarding influenza vaccination for children. The UK offers information about influenza vaccination on its website (see Gov.UK). Please see a local health care provider for additional information.

International recommendations and guidelines for influenza vaccination vary by country. It is important for families to discuss the potential benefits and risks of vaccination with their healthcare providers. Medication adverse reactions are rare but may include nausea, vomiting, diarrhea, headache, and fever. The information from WHO and local health authorities should be carefully considered to ensure the safety and efficacy of the vaccination.

Note of interest: February 12, 2018, CDC revised its guidance regarding breastfeeding mothers who exhibit symptoms of influenza.

特别附注：CDC 于 2018 年 2 月 12 日修订了关于出现流感症状的哺乳期母亲的指南。

数据源


