

Staying healthy while pregnant and living with HIV



How can I lower the chance of passing HIV to my baby?

While you are pregnant:

- Take your HIV medicine. HIV medicine makes it less likely that you will pass HIV to your baby. It also helps keep you and your baby strong and healthy.
- If you already take HIV medicine, keep taking your medicine while you're pregnant and after you have the baby.
- If you don't take HIV medicine, talk to your doctor about starting medicine.
- Talk to your doctor about your birth options.
- Your doctor will talk to you about your birth options. If you have a lot of HIV in your blood (high viral load), it may be safer to have a C-section.
- Your doctor will give you medicine while you're in labor to lower the chance that you will pass HIV on to your baby.

After your baby is born:

- Feed your baby formula. Your baby can get HIV from your breast milk. Feed your baby formula instead. Talk to your doctor about formula.
- Give your baby the HIV medicine your doctor prescribes. Make sure you give the medicine the right way every day.
- Get an HIV test for your baby. Test your baby when they are between 4 and 6 weeks old and again when they are 18 months old.

Talk to your CHN doctor to learn more!