black infant health
Empowering Pregnant and Mothering Black Women

blackinfanthealth.org

What You Can Do If You Are Pregnant and Have HIV

Visit your health care provider regularly.

Take HIV medicine as prescribed to stay healthy, protect your partner, and protect your baby.

Taking HIV medication reduces the amount of HIV in the body (viral load) to a very low level, called *viral suppression* or an *undetectable viral load*. *Getting and keeping an undetectable viral load is the best thing you can do to stay healthy and help prevent transmission to your baby.

1%

The risk of transmitting HIV to your baby can be 1% or less if you:

- Take HIV medicine daily as prescribed throughout pregnancy, labor, and delivery.
- Give HIV medicine to your baby for 4-6 weeks after giving birth.

If your HIV viral load is not adequately reduced, a Cesarean delivery can also help prevent HIV transmission.

Do not breastfeed or pre-chew your baby's food.

Keeping an undetectable viral load substantially reduces, but does not eliminate, the risk of transmitting HIV through breastfeeding. The current recommendation in the U.S. is that mothers with HIV should not breastfeed their babies.

For more information, visit https://www.cdc.gov/hiv/default.html