

WHAT ABOUT FEEDING MY BABY?

- Breast milk is the best food for your baby.
- You must feed your baby nothing other than breast milk for the first 6 months (this is called exclusive breastfeeding).
- The reason it is called “exclusive” is because you should only feed your baby with breast milk and no other milk, formula, food or water.
- The only medicine you can give your child is what your health care worker gives you at the clinic.
- After six months you need to add other foods but should continue to breastfeed.
- You must continue to take FDC every day for as long as you are breastfeeding.

IF YOU ARE HIV POSITIVE YOU CAN PASS HIV TO YOUR BABY DURING BREASTFEEDING

- To prevent HIV from passing from you to your baby you MUST continue to take the one combination ARV pill for as long as you breastfeed your baby.
- The health care worker will tell you how much Nevirapine syrup you must give your baby, which will depend on the weight of your baby.
- By feeding your baby breast milk only, your baby is less likely to develop common illnesses such as diarrhoea and pneumonia.
- Your baby will be tested for HIV at birth. If they are positive, they must start on ARVs immediately.
- Take your baby to the clinic when he/she is six weeks old to be immunized.
- Take your baby to the clinic every month.
- It is important that you take your baby to the clinic to have a repeat HIV test when they are 10 weeks old, when they are 18 months old and / or 6 weeks after you stop breastfeeding them.

HOW CAN I HAVE A HEALTHY PREGNANCY?

- Eat a balanced diet and take care of yourself.
- Do not drink alcohol or smoke cigarettes while you are pregnant - it is dangerous and will affect you and your baby's health.
- Ask your healthcare worker about vitamin and iron dietary supplements that you can take during pregnancy to prevent anaemia.
- Use a condom every time you have sex.
- Visit the antenatal clinic for regular check-ups (at least four times during your pregnancy) and whenever you have any problems with your pregnancy or your health generally.
- Review the Road to Health card.

CAN I DEVELOP OTHER INFECTIONS OR CONDITIONS BECAUSE I AM HIV POSITIVE?

- Yes, people who are HIV positive can develop infections that take advantage of the body's weak defences.
 - If you develop such an infection during pregnancy, it can increase the chances of your baby being infected with HIV.
 - One of the most common infections associated with HIV is TB. Other common infections are pneumonia, herpes simplex, candidiasis and certain types of cancers.
- ~ Get regular screening for TB.
~ As part of the tests you have during pregnancy, other infections may be picked up.
~ Be sure to treat all infections quickly.
~ Don't miss a dose or stop taking your ARVs.

#cavayourstatus



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HEALTHY MOTHER HEALTHY CHILD

**IF YOU ARE HIV POSITIVE,
YOUR BABY DOESN'T
HAVE TO BE**

Let us tell you how.



Protect Yourself. Protect Others.

ENGLISH

HOW CAN A NEWBORN BABY BECOME INFECTED WITH HIV?

- A woman who is HIV positive can pass on HIV infection to her baby. A newborn baby can be infected with HIV in three possible ways:
 - ~ **Before birth:** In the womb
 - ~ **During birth:** When the baby is born through the birth canal
 - ~ **After birth:** During breastfeeding

HOW CAN A NEWBORN BABY BE PROTECTED FROM GETTING HIV FROM AN HIV POSITIVE MOTHER?

The chances of a newborn baby getting infected with HIV from an HIV positive mother are very small if:

1. The woman takes antiretroviral drugs (ARVs) during the full length of her pregnancy. **If you are HIV positive, it is important that you start taking ARVs as soon as you know you are pregnant.**
2. The woman takes ARVs while breastfeeding her baby. **If you are HIV positive you must take ARVs while you are breastfeeding and keep on them for life.**
3. The baby receives Nevirapine for six weeks after birth. **You MUST give your baby Nevirapine syrup every day for six weeks after birth.**

WHAT IS FIXED-DOSE COMBINATION (FDC) ANTIRETROVIRAL TREATMENT?

The fixed-dose combination antiretroviral is a one combination ARV pill. The one combination ARV pill:

- Is three different ARVs combined into one pill.
- Has the same effect as taking three separate pills.
- Is more convenient and easier to take.
- Is commonly called FDC.

HOW WILL THE NEW FIXED-DOSE COMBINATION ANTIRETROVIRAL TREATMENT HELP PREGNANT WOMEN AND THEIR NEWBORN BABIES?

- ~ Pregnant women that are HIV positive will take the one combination ARV pill throughout pregnancy and will remain on FDC for life.
- ~ HIV positive women who are breastfeeding must take the one combination ARV pill every day and will remain on FDC for life.

I SUSPECT THAT I AM PREGNANT. WHAT SHOULD I DO?

1. Go to the clinic ASAP to confirm your pregnancy.
2. Book at an antenatal clinic ASAP, preferably during the first 14 weeks of your pregnancy.

At the clinic, the health care worker will:

- ~ Do a pregnancy test to confirm your pregnancy.
- ~ Book you for an antenatal clinic visit.
- ~ Offer you HIV Testing Services (HTS) to find out your HIV status and screen for TB.
- ~ Support you to manage your HIV status during your pregnancy and afterwards.

I AM HIV NEGATIVE. WHAT SHOULD I DO?

- Take another HIV test and screen for TB every 3 months - during pregnancy and for as long as you are breastfeeding your baby.
- Tell your partner about your HIV status and encourage him to do the same.
- Encourage your partner to have an HIV test and screen for TB
- Use a condom every time you have sex even though you are pregnant. This will prevent HIV transmission, and other sexually transmitted infections.

I HAVE TESTED HIV POSITIVE. WHAT WILL HAPPEN NOW?

- You will be given FDC on the same day that you test HIV positive.
- FDC will improve your health and prevent your unborn baby from getting HIV.
- The clinic staff will take blood for laboratory tests, including a CD4 count test.
- You do not have to wait for the test results to start ARV treatment.
- You must go back to the clinic after one week to get the blood test results.
- The health care worker may change your treatment after checking your blood results.

HOW YOU WILL TAKE YOUR FIXED-DOSE COMBINATION ANTIRETROVIRAL TREATMENT?

- You will take the one combination ARV pill:
 - ~ Once a day
 - ~ Every day
 - ~ For life
- The one combination ARV pill must be taken at the same time each day.
- If you forget a dose, take it when you do remember BUT do not miss a dose.
- By taking your ARV treatment every day it will help you to stay healthy and it will also protect your baby.



Choose a family planning method early and start using it before you start having sex again after the birth of your baby.
