

Why is it so important that you return to the clinic at least 4 times during your pregnancy?

As an HIV-positive pregnant woman, you are at risk of transmitting HIV to your baby.

However, if you visit a health worker regularly during your pregnancy, you have a good chance to prevent your baby from becoming infected with HIV and stay healthy yourself.

When you return to the health center, you will:

- receive refills of ARVs and septrin to reduce the chance of your baby getting infected
- receive preventative treatments for malaria and other infections
- be examined for potential complications that could harm you or your baby and increase the risk of HIV transmission
- receive continued guidance on how to feed your baby, and testing your baby after delivery.

Why must you take ARVs and septrin every day during your pregnancy?

Taking ARVs helps prevent your baby from getting HIV while you are pregnant. *Every day you don't take ARVs increases the risk that your baby will be infected with HIV.*

Taking septrin every day will prevent you from getting opportunistic infections. *If you have opportunistic infections, you are more likely to infect your baby with HIV*

Why should you deliver at the health facility?

Any complication can develop during labour and delivery, threatening you and your baby's life. Unlike a home setting, a health center has the trained staff, equipment, supplies, and drugs that can provide the care and treatment to resolve the complication and safely deliver your baby.

Complications are much more common in HIV-positive women and her newborn babies.

How should you feed your baby?

You should breastfeed your baby for **12 months**.

- For the first 6 months, you should breastfeed exclusively (NO MIXING WITH OTHER FEEDS).
- After 6 months, you should continue to breastfeed while introducing other nutritious feeds.

You or your baby will receive ARVs during the entire breastfeeding period, which will reduce the chance of HIV transmission through breastfeeding.



Why breastfeed?

Your baby needs breast milk to grow and develop normally. Breast milk also fights many infections.

Because you will be receiving ARVs during breastfeeding, there is low risk of HIV transmission.

Why does your baby need to be tested for HIV at 6 weeks of age?

Because you are HIV-positive, your baby can be infected with HIV:

- during pregnancy
- during labor/delivery
- through breastfeeding

Babies with HIV get sick very quickly. You need to find out at a very early age if your child is HIV-positive so it can be given proper treatment immediately.

If you are breastfeeding at your baby's first HIV test, why will the baby need a 2nd HIV test?

If you have breastfed anytime in the six weeks prior to the first HIV test, the test will not show whether HIV was transmitted to your baby during that time period. Because of this, you will need to return for a second HIV test 6 weeks after you stop breastfeeding.

Why must your baby take septrin?

- Septrin is a medication that protects HIV-exposed infants from opportunistic infections.
- *Septrin increases the chances of survival for HIV-exposed infants by over 40%.*



Make sure your baby is taking septrin every day from 6 weeks of age until it is certain that he/she does not have HIV!

Why must your baby visit a health worker for regular care starting at birth?

Your baby may be HIV-positive. As a result your baby may experience signs of HIV:

- poor growth
- delays in mental development
- opportunistic infections

Once HIV-positive babies start to show signs of HIV, they will not survive long unless they receive treatment.

To keep your baby alive— problems must be identified quickly and managed by trained healthcare workers.

This will only be possible if you visit the health center regularly to get your baby examined.



You should come every month until your baby is 6 months of age, and once every 3 months until your baby is 24 months of age!

WHAT HAPPENS AFTER YOU RECEIVE YOUR BABY'S HIV TEST RESULTS?

If your baby is HIV-positive:

- DO NOT WAIT! Bring your baby to an ART clinic!

Each day that passes without your baby receiving treatment at an ART clinic *decreases its chances of survival.*

1 out of every 2 positive babies (50%) will die by 2 years of age unless they receive treatment

- Keep giving your baby SEPTRIN every day.
- Continue breastfeeding until 2 years of age or longer, while also providing nutritious meals



If your baby is HIV-negative:

- Follow safe and appropriate feeding practices: Breastfeed exclusively until 6 months, and then add other feeds. At 12 months of age, stop breastfeeding over the course of one month.
- If you are breastfeeding at 1st HIV test
 - Return for 2nd HIV test six weeks after you stop breastfeeding
 - Keep giving septrin until you receive the results of your 2nd HIV test

- If you are *not* breastfeeding at 1st HIV test, stop septrin now

Your child does NOT have HIV so does not require treatment

- Return to health center for regular care visits
As an HIV-exposed infant, your baby is especially vulnerable and must see health workers regularly until 24 months of age
- If your baby becomes sick or shows symptoms of HIV, visit a health center immediately

Please come back for your next appointment!

Date: ____/____/____
 Day Month Year

Clinic/Location: _____



Keeping you and your baby alive and healthy



What you need to know

If you have any problems or questions, please contact a healthcare worker or health center:

Healthcare Worker Phone No: _____

Health Center Phone No: _____



Ministry of Health