

What You Can Do If You Are Pregnant and Have HIV



Visit your health care provider regularly.



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

HIV treatment reduces the amount of HIV in the body (viral load) to a very low level. This is 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 prevent transmission to your baby.



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

- Take HIV treatment as prescribed throughout pregnancy and delivery.
- Give HIV medicines to your baby for 2 to 6 weeks after birth.



If your HIV viral load is not low enough, a cesarean delivery can help prevent HIV transmission.



The only option that eliminates risk of postnatal transmission of HIV to the baby is infant formula or pasteurized donor human milk. The PROMISE Study showed that keeping an undetectable viral load through pregnancy, labor and delivery and breast/chestfeeding substantially reduces the risk of transmitting HIV through breast/chestfeeding to less than 1%.

If you have HIV, do not pre-chew food for your baby.

*Viral suppression is defined as having less than 200 copies of HIV per milliliter of blood. An undetectable viral load means having a viral load so low that a test can't detect it. The benefits of having an undetectable viral load also apply to people who stay virally suppressed.