

## What else can you do?



- \* Give only breast milk until your baby is 6 months old. Introduce other foods after your baby completes 6 months.
- \* During breastfeeding, eat 3 healthy main meals each day plus two extra small meals or “snacks”. No special foods are required to produce breast milk of good quantity and quality.
- \* Drink enough fluids to satisfy your thirst.
- \* If you are having trouble getting ARVs, or taking your medicine, ask your provider for advice.



- \* To prevent malaria continue to sleep under an insecticide –treated bed net.
- \* When your baby is napping during the day, protect your baby by using a bed net.

- \* For a good supply of breast milk, it is important to breast feed your baby exclusively, day and night for the first 6 months of life.
- \* Start using a family planning method after delivery.

## Testing for HIV



- \* If you are HIV-positive, you should have your blood checked several times each year to monitor your health.
- \* Your provider will also monitor your health and nutrition status.
- \* It is important to have your baby tested at 6 weeks old, or if there is poor growth, recurring infections, or signs of malnutrition.
- \* The baby’s health care provider will use a little needle to prick the baby’s foot to draw several drops of blood for the HIV test.
- \* Your baby should be tested again at 9 months and at 18 months, or 6 weeks after you completely stop breastfeeding.
- \* It is important for your baby to have regular check ups, get immunized, be weighed and measured monthly, and receive medicines.



# How to Protect and Feed Your Baby

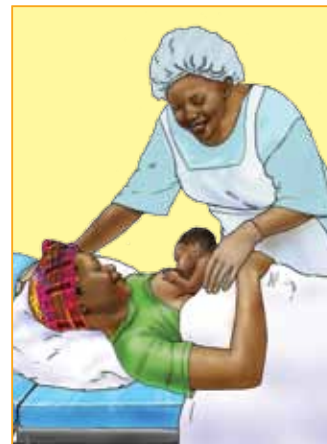


## If you are pregnant and have HIV... What do you need to know?



- \* Visit the ANC clinic as soon as possible as soon as you think you are pregnant.
- \* You can only know your HIV status by getting tested.
- \* Your partner's HIV status could be different than yours so be sure that you and your partner are both tested.
- \* If either you or your partner have HIV, your health provider will help you to start the right ARV treatment.
- \* Your health provider will also give you cotrimoxazole, which helps to prevent other infections that are common when people have HIV.
- \* Share your status with your partner or someone who will support you.
- \* Make sure that you have enough medicine to take every day and ask your family to help remind you when to take your pills.
- \* During pregnancy, make a plan for how to get to the clinic when the labor pains begin.

## Monitor your health and your baby's. During pregnancy...



- \* Protect your baby and your own health by taking your ARV medicine every day. Get a new supply of ARVs and cotrimoxazole every month from the clinic.
- \* Take any special vitamin or other medicines that you are given at the clinic.
- \* To prevent malaria, sleep under an insecticide-treated bed net throughout your pregnancy.
- \* Take anti-malarial tablets as prescribed by your health care provider.
- \* Deliver your baby at your health facility. Begin breastfeeding immediately after your baby is born.
- \* If you are not able to get to the clinic before the baby is born, take the baby to the clinic before 2 days to get checked. Ensure that you have the ARV syrup to give the baby from birth, until the visit at 6 weeks of age.

## Continue to protect your baby. After your baby is born...

- \* During the first 6 weeks of life, your baby needs a special liquid medicine called Nevirapine **every day** for extra protection from HIV.
- \* The nurse will show you how to give the correct amount of Nevirapine syrup in a syringe.
- \* Place the tip of the syringe in the corner of your baby's mouth and gently push the plunger down, releasing the liquid.
- \* Keep the syringe clean and store the medicine and the syringe in a protected place where it will remain cool.
- \* Mothers with HIV should take ARVs for life. While you are still breastfeeding, it is very important that you continue to take ARVs every day to protect your baby from HIV. Breastfeeding should stop at 18 months.
- \* These ARVs also help to protect you from other infections such as pneumonia and tuberculosis.

