

## HAVING A BABY



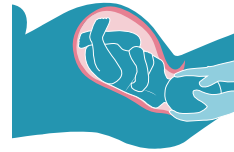
Lots of people with HIV have had babies without passing on the infection. To do so, you need some help from your doctor.

### IF YOU ARE A WOMAN WITH HIV

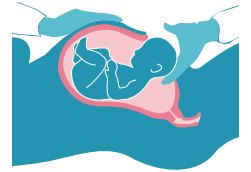
Taking anti-HIV drugs during the pregnancy will protect the baby from HIV.



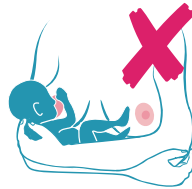
If you have very little HIV in your body (an 'undetectable' viral load), you may be able to have a vaginal delivery.



Otherwise, you may need to have a Caesarean section.



You should not breastfeed your baby.



For a few weeks after birth, the baby will need to take an anti-HIV drug.



When this advice is followed, fewer than one baby in 100 has HIV.

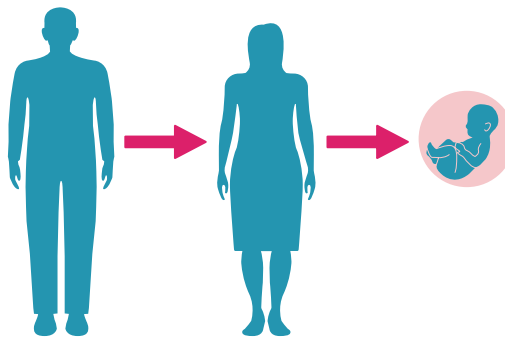


### IF YOU ARE A MAN WITH HIV

Having unprotected sex with a woman who does not have HIV could give her HIV, and she could pass HIV on to the baby.

If the mother does not have HIV, the baby won't have HIV. Also, HIV can't be passed directly from the father to the baby.

If you have very little HIV in your body (an 'undetectable' viral load), the risk of passing on HIV during sex without a condom may be very low. Ask your doctor for advice.



### IMPORTANT POINTS:

- In the UK, thousands of women with HIV have given birth to healthy babies.
- Anti-HIV drugs will protect your baby.
- If you are thinking about having a baby, it's worth talking to your doctor at an early stage.

**GTT-VIH**  
GRUPO DE TRABAJO SOBRE TRATAMIENTOS DEL VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

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POR SOLIDARIDAD OTROS FINES DE INTERÉS SOCIAL  
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Generalitat de Catalunya / Agència de Salut Pública de Catalunya  
Generalitat de Catalunya / Departament de Justícia

Ajuntament de Barcelona / ÀREA DE QUALITAT DE VIDA, IGUALTAT I ESPORTS  
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