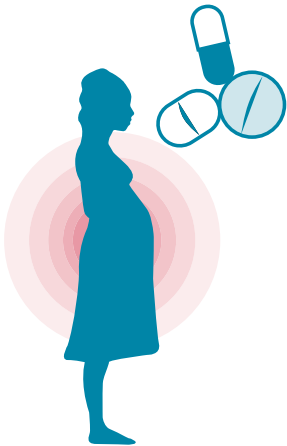


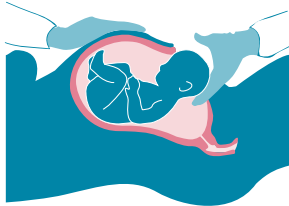
Lots of people with HIV have had babies without passing on the infection. To do so, you need some help from your doctor.

If you are a woman with HIV

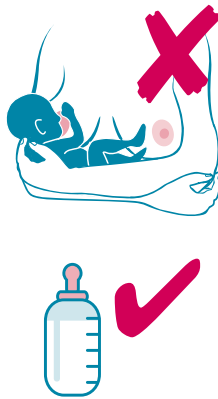
- Taking anti-HIV drugs during the pregnancy will protect the baby from HIV.



- A **Caesarean section is safest**. But it may be possible to have a vaginal delivery.



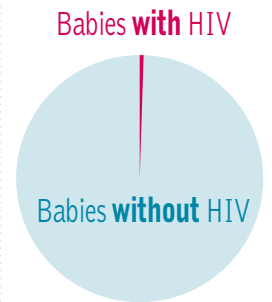
- You should not **breastfeed** your baby.



- 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.



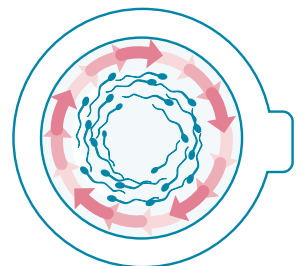
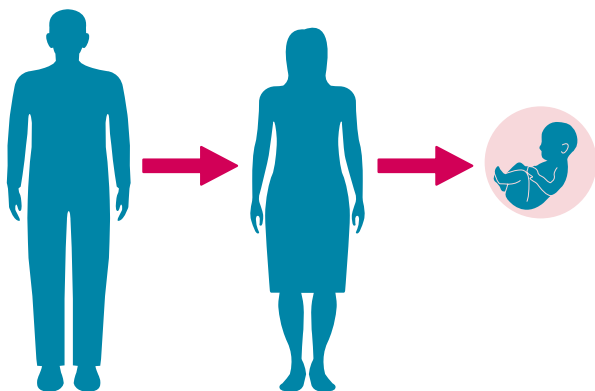
If you are a man with HIV

- 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.

- You can talk to your doctor about how risky unprotected sex would be for you at the moment – it varies from person to person.

- **'Sperm washing'** is a process which removes HIV from sperm. It will allow your partner to get pregnant safely.



Important points

- In the UK, thousands of women with HIV have given birth to healthy babies. Medical help for HIV-positive mothers is widely available.

- Medical support for fathers is not as widely available, but does exist.

- If you are thinking about having a baby, it's worth talking to your doctor at an early stage.



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POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR

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 Secretaría del Plan Nacional sobre el Sida

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