

What If The Mother Gets Sick?

A HIV positive mother who has been sick from an infection for more than a week, should visit a health worker and stop breastfeeding altogether. Start the baby on other milk and mashed foods. She must not resume breastfeeding when she gets better.

Good Nutrition Is Important

Good nutrition is vital for a mother that is breastfeeding. It keeps her healthy and may help to reduce the risk of passing on HIV to the baby. Good choices are eggs, milk products, liver, orange/ yellow fruits and vegetables, green leafy vegetables.



Treatment For HIV/AIDS

There is no cure for HIV/AIDS.

Medicines are available to help mothers. If used during pregnancy and whilst breastfeeding, they can help reduce the risk passing on HIV to the newborn. Doctors, health workers or counsellors can tell you where to get medicines.

HIV/ AIDS Testing

All pregnant women are encouraged to have a HIV test and to speak to their nurse or counsellor at the antenatal clinic. If a woman knows her HIV status, she can then take steps to avoid infecting her baby with HIV.

Test results and other matters are confidential.

Mothers With HIV/AIDS Can Breastfeed



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