

# HealthTips

Make Health Happen

## HIV and AIDS in pregnancy

If you're going to have a baby, it's important to know if you have HIV. Your baby's health depends on it.

Make an appointment to see your doctor as soon as you know you're pregnant.

They'll make sure you're tested for HIV. By talking to your doctor right away, you can make sure you do everything possible to protect your baby from HIV/AIDS.

If you have HIV/AIDS, your doctor can help you take steps to **prevent passing it on to your baby.**

### How can my baby get HIV/AIDS?

HIV can spread to your baby during pregnancy, while giving birth or while breastfeeding.

### How can I protect my baby?

Your doctor may suggest:



**Taking HIV medications** or adjusting the ones you already take to avoid birth defects



**Formula feeding** instead of breastfeeding



**dell children's**  
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only  
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

[DellChildrensHealthPlan.com/members](http://DellChildrensHealthPlan.com/members)

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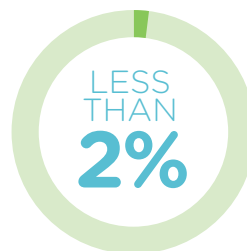
## What should I do to take care of myself?

- Talk with your doctor about prenatal care.
- Avoid smoking, secondhand smoke, alcohol, and drugs.
- Eat healthy foods.
- Get plenty of rest.

## What are the chances my baby will get the virus from me?



If you don't do anything to protect the baby ...



If you work with your doctor to protect your baby ...



### HIV/AIDS quick facts

- HIV stands for human immunodeficiency virus. It's the virus that causes acquired immunodeficiency syndrome (AIDS). You start to get sick when HIV develops into AIDS.
- You can have HIV and not even know it. It can take months or years before you get sick. But during that time, you can spread it to other people.
- Better treatments are helping people with AIDS live longer, but there is no cure.

Source:

Centers for Disease Control and Prevention website: *HIV Among Pregnant Women, Infants, and Children*: [www.cdc.gov/hiv/group/gender/pregnantwomen/index.html](http://www.cdc.gov/hiv/group/gender/pregnantwomen/index.html) (Accessed May 15, 2018.)