



HIV and Pregnancy

Fact versus Fiction

FICTION

There is nothing you can do to prevent HIV transmission.

FACT

There are multiple steps you can take to reduce the risk of passing HIV to your baby. Go to your scheduled appointments. Take your HIV medication as prescribed throughout pregnancy, labor, and delivery. Give your baby their prescribed medication after birth. Together, this can reduce the risk of transmission to 1% or less.

FICTION

Breast is best. Always breastfeed your baby.

FACT

HIV can be spread through breastmilk. Women who are HIV positive should not breastfeed.

FICTION

Women who are HIV positive can't have children.

FACT

Women who are HIV positive have children every day. Thanks to advances in HIV research, prevention, and treatment, it is possible to have children without transmitting HIV.

FICTION

I feel fine. I don't need to get tested for HIV.

FACT

The only way to know your status is to get tested. If you are pregnant or planning to become pregnant, get tested as soon as possible.

Source: <https://www.cdc.gov/hiv/group/gender/pregnantwomen/index.html>