

HIV IN PREGNANCY

What is HIV?

HIV is a sexually transmitted infection (STI) that weakens the immune system.

HIV is the virus that causes AIDs. Left untreated, HIV can develop into AIDS.

HIV and Pregnancy

Without proper treatment, HIV during pregnancy can pass the virus on to the baby and weaken the pregnant person's immune system, putting them and baby at risk for pregnancy complications.

90%

of children diagnosed with HIV since the AIDs epidemic were infected during pregnancy or childbirth



6,000 to 7,000

women with HIV/AIDs give birth each year

Transmission

HIV can be transmitted through:

- blood
- semen
- vaginal fluid
- breastmilk

HIV positive pregnant people can transmit the virus to their baby through pregnancy, labor and delivery, and breastfeeding.

You are at a higher risk to contract HIV if:

- have sex with more than one person
- have sex with partners who use IV street drugs (like heroin)
- have sex with partners who have sex with men
- have another sexually transmitted infection (STI)

You are more likely to transmit the virus to your baby if you're HIV positive and:

- smoke or use tobacco
- use other drugs or substances
- have another STI
- are malnourished
- have a Vitamin A deficiency
- are otherwise unhealthy or have a weakened immune system

HIV PREVENTION

For the Pregnant Person

Pregnant people can lower their risk for contracting HIV by:

- getting tested and having their partners tested for HIV
- limiting their number of sex partners
- using a condom every time they have sex
- getting tested and treated for other STIs



Testing Resources

Call

CDC-INFO at:
1-800-232-4636
or
Georgia HIV/AIDS
Information at:
1-800-551-2728

Go To

<https://gettested.cdc.gov/>
or
<https://locator.hiv.gov/map>

For the Baby

If you are HIV positive, you can lower your risk of passing the virus to your baby through:

- taking your HIV medicine correctly and regularly to reduce your viral load
- eating a well-balanced diet and taking your prenatal vitamins
- treating any other infections or illnesses
- avoiding invasive procedures (like amniocentesis)
- having an elective C-section if your viral load is high
- providing your baby with HIV medicine for 4-6 weeks after birth - this can reduce the risk of transmission to 1 in 100 or less
- speaking to your provider about how you can minimize risks while breastfeeding
- avoiding chewing the baby's food once they begin eating solids

With proper treatment:

<2%

of babies born to HIV positive women will be infected by the virus.

References

1. HIV and Perinatal Transmission, CDC
2. HIV/AIDS During Pregnancy, American Pregnancy Association
3. Preventing Perinatal Transmission of HIV, HIV.gov
4. HIV and Pregnancy, March of Dimes