HE♥LTH TIPS

Make Health Happen

HIV/AIDS in pregnancy

IF YOU HAVE HIV/AIDS, YOUR DOCTOR CAN HELP YOU TAKE STEPS TO PREVENT PASSING IT ON TO YOUR BABY

If you are 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 are pregnant. He or she will make sure you are tested for HIV.

HIV/AIDS quick facts

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

How can my baby get HIV/AIDS?

If you have HIV, it can spread to your baby during pregnancy, while giving birth or while breastfeeding.

How can I protect my baby?

Some things your doctor may suggest include:
- Taking HIV medications or adjusting the ones you already take to avoid birth defects.
- Bottle feeding instead of breastfeeding.

What are the chances that my baby will get the virus from me?	
If you don't do anything to protect the baby ...	About 25%
If you work with your doctor to protect the baby ...	Less than 2%

What should I do to take care of myself?

Here are some steps you can take that can help you and your baby. Check the one you will work on first.

❏ I will talk to my doctor about prenatal care.

❏ I will not smoke.

❏ I will not use alcohol or drugs.

❏ I will eat healthy foods.

❏ I will get enough rest.

By talking to your doctor right away, you can make sure you do everything possible to protect your baby from HIV/AIDS.

Centers for Disease Control and Prevention website: *Pregnant Women, Infants and Children* (January 20, 2014): www.cdc.gov/hiv/risk/gender/pregnantwomen/. (Accessed June 9, 2014.)

UNICARE®

Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: **1-800-782-0095 (TTY 1-866-378-1634)**

MedCall: **1-888-850-1108 (TTY 1-800-368-4424)**

We can translate this for you at no cost.