

Facts for HIV-Infected WIC Participants

- **If you have HIV and you are pregnant, there is a lot you can do to keep yourself healthy and not give HIV to your baby.**
- **Get medical care.** You need to see your health care provider for your pregnancy and your HIV infection. Sometimes, this can be the same person.
- Make an appointment as soon as you know you are pregnant, and **keep all of your appointments.**
- If your health care provider prescribes medications for you, **take them exactly as the directions say.** This will help keep you healthy, which means you have a better chance of having a healthy baby.
- When you go into labor, **get to the hospital early.** At the hospital, you will get more medications to prevent passing HIV to your baby. They may also decide to do a cesarean delivery (C-section) if you and your health care provider have not decided on one already.
- **Do not breastfeed.** The virus is in human milk, and you can give HIV to your baby by breastfeeding. Your health care provider will show you how to care for your breasts until they stop producing milk, and WIC can help by providing infant formula for your baby.
- Your baby will start getting medications to prevent HIV right away after birth. Make sure to give your baby his or her medications to prevent HIV. **Ask your health care provider if you're not sure how to give the medications.** Make sure you understand before you go home. Also, there may be help available if you can't afford the medications your baby needs.
- **Keep your baby's appointments.** You won't know right away if your baby has HIV. He or she will need to return to your health care provider for checkups and tests over the next several months. Be sure to go to all of your baby's regular doctor's visits, and go right away if your baby gets sick.
- **Eat a well-balanced diet.** The foods WIC provides are part of a healthy diet.

Adapted from: *HIV and AIDS in Pregnancy and Childbirth: What Women Can Do* from the Centers for Disease Control and Prevention. Available at www.cdc.gov/hiv/default.htm.

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