

# Breastfeeding & HIV

**Did you know?** If a person living with HIV has a **sustained, undetectable viral load**, the chance of transmitting HIV through breastfeeding **is less than 1%**

## Support! Support! Support!

- Parents with HIV can breastfeed! They must take their ART and maintain HIV VL < 50.
- All babies exposed to HIV will start ART within 6 hours.
- Babies can breastfeed right away. No need to wait for labs or meds.
- **Exclusive breastfeeding is recommended.** However, NIH perinatal HIV guidelines state: *It is important to acknowledge that there may be intermittent need to give formula (e.g., infant weight loss, milk supply not yet established, breastfeeding parent not having enough stored milk, or transient increases in viral load). Donor milk may also be considered.*

## Notes for Birth Center Staff:

- Look for the Perinatal HIV Delivery Plan.
- Notify Peds team prior to delivery as a heads up.
- If no Perinatal HIV Delivery Plan is in place, call Children's Perinatal HIV Program RN at 612-387-2989 or Children's Physician Access Line at 612-343-2121.

**For additional information and resources at:**  
[www.health.state.mn.us/diseases/hiv/hcp/perinatal/index.html](http://www.health.state.mn.us/diseases/hiv/hcp/perinatal/index.html)

