

Is your patient pregnant and living with HIV?



Talk to them about breastfeeding

Breastfeeding is an option for individuals with HIV who want to breastfeed when the following criteria are met:

1. Have consistent access and adherence to ART
2. Committed to maintaining medication for their baby and themselves throughout breastfeeding
3. Maintain HIV VL <50

During counseling, inform that:

- Achieving and maintaining viral suppression through antiretroviral therapy (ART) during pregnancy and postpartum **decreases breastfeeding transmission risk to less than 1%, but not zero.**
- Replacement feeding with formula or pasteurized donor human milk **eliminates the risk of HIV transmission to the infant through breastfeeding.**



Review the updated guidelines



Talk to pregnant patients early and often



Build collaboration among the care team



Know your resources

