

Pregnant HIV positive

As a pregnant woman living with HIV, I have the same right as any other woman to be treated with dignity and respect.

KNOW MY RIGHTS

I have the right to:

- ❖ A healthy and safe sexual life
 - ❖ Choose when and whether to have a baby
- ❖ Choose when and to whom I disclose my HIV status
- ❖ Make decisions about healthcare for me and my baby, free from coercion

STAY HEALTHY

- ❖ Regular visits to healthcare facilities will help me stay well during pregnancy, delivery and after
- ❖ Taking my HIV medications regularly is critical
- ❖ It is vital for me to have good nutrition

KEEP MY BABY HEALTHY

- ❖ To protect my baby's health, I can visit the clinic regularly, take my HIV medication and give birth at a healthcare facility
- ❖ My baby needs postnatal care, including an early test for HIV and treatment if needed
- ❖ I need to understand the best way to feed my baby and why breastfeeding is safe