If a woman living with HIV has a sustained UNDETECTABLE VIRAL LOAD, the chance of transmitting HIV through breastfeeding is LESS THAN 1%.

In the US and other high-resource countries, GUIDELINES RECOMMEND PROVIDERS SUPPORT A PARENT’S DECISION TO BREASTFEED.

How can parents living with HIV help keep their babies HIV-negative while breast/chestfeeding?

- Exclusive breast/chestfeeding up to 6 months
- Preventative medication to baby after birth if prescribed by physician
- Early planning with health care team
- Maintaining an undetectable viral load
- Support!
- Support!
- Support!
- Attending all health care appointments for parent and baby
- Taking HIV medications as prescribed
- Consider early planning with health care team
- Support!

When a parent living with HIV chooses to breast/chestfeed, support is fundamental!

- Providers
- Lactation experts
- Family members
- Peers
- Mental health professionals
- Spouses/Partners/Co-Parents

Scan the QR code to access talking points and other resources that can support conversations with your providers about your infant-feeding options.

Visit The Well Project to access evidence-based fact sheets and other educational programming; community support; advocacy and leadership development; collaborative engagement; and women-focused research!

Join our dynamic community of women living with and vulnerable to HIV at: www.thewellproject.org