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# Did you know?

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.**

BEEBAH: BUILDING EQUITY, ETHICS, AND EDUCATION ON BREASTFEEDING AND HIV

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

Taking HIV medications as prescribed

Early planning with health care team

Attending all health care appointments for parent and baby

Preventative medication to baby after birth if prescribed by physician

Maintaining an undetectable viral load

Support! Support! Support!

Exclusive breast/chestfeeding up to 6 months

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

Providers

Lactation experts

Peers

Family members

Mental health professionals

Spouses/Partners/Co-Parents

“All I wanted to do was feed my baby. I was not seeking approval, I just needed support.”

–CIARRA COVIN

“Support from my infectious disease doctor and partner is what allowed me to be successful in breastfeeding both of my children.”

–HEATHER O'CONNOR

“As a woman born with HIV, I can tell you how vital it is to empower women living with HIV to feel free to have children and feed them as they see best.”

–PORCHIA DEES



BEEBAH (Building Equity, Ethics, and Education on Breastfeeding and HIV) is supported by a grant from ViiV Healthcare's Positive Action for Women Initiative

## Tools to help you talk to your provider



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

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### 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](http://www.thewellproject.org)



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