
HIV

Mom-to-Be



**I can stay well and
protect my baby.**

You Can Protect Your Baby

A mother with HIV can pass it to her baby. But most women with HIV can have healthy babies.

You can take medicine while you're pregnant that greatly reduces your baby's risk.

You can protect your baby *and* stay well yourself.



I can help keep my baby and myself safe.

See Your Doctor Early

As soon as you think you might be pregnant, find a doctor you like.

You may need one doctor for HIV and another doctor for pregnancy.

Be sure to:

- Go to all your doctor appointments.
- Learn about your health care plan.
- Ask questions. Ask the most important ones first, in case there isn't time for all of them.
- Keep seeing your HIV doctor after your baby is born.



My doctor helps when I have questions.

Avoid Stress

Everyone feels stress from time to time. It's a normal part of life.

But too much stress isn't good for you or your baby. It can make you worry, lose sleep or get headaches.

You can do a lot to get rid of stress in your life. Try to:

- **Notice when you feel stress.** Trust your feelings.
- **Cut back** on some of the things you do.
- **Learn ways to cope.** Call a friend. Get outside. Breathe deeply.
- **Ask for help.** Let others know how they can help you.
- **Find ways to relax.** Practice relaxing. This will help during labor, too.



My sister can always make me laugh.

Be Drug Free

Using drugs can hurt your baby!

To help your baby be healthy:

- Don't smoke.
- Don't drink.
- Don't use drugs.
- Stay away from other people's cigarette smoke.

Ask your doctor
for help to keep
you and your baby
drug free.

Stay Healthy

Take care of yourself. That's the best way to take care of your baby.

Here are some things to do:

- **Eat well.** Every day, eat some vegetables, fruits, meat or other protein, breads or cereals, and milk or cheese.
- **Get rest.** Know when your body needs to slow down.
- **Stay fit.** Try walking, swimming or biking. Sometimes just being outside is good. Use sunscreen when you exercise outside.
- **Use condoms when you have sex.** Condoms protect you from other STDs (sexually transmitted diseases) that could hurt your baby.



I try to walk every day.

Take Your HIV Medicine

Your HIV medicine is very important. It will help keep you healthy. And it will help protect your baby.

To keep you both safe:

- Take the medicine your doctor gives you.
- Follow the directions. Be sure to take the right amount.
- Never skip your medicine.



I take my HIV medicine every day.

Take Care of Yourself

It's the best way to protect your baby.

- See your doctor early.
- Take your HIV medicine.
- Be drug free.
- Stay healthy.
- Avoid stress.

For more information, call
Alabama HIV/AIDS
Hotline: 1-800-228-0469

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Prevention and Control
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This pamphlet has been reviewed
and approved by the HIV/AIDS
Program Review Panel

ADPH-HIV/AIDS-151

Professional models were used in all photos.

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Title No. 143