**IF YOU ARE LIVING WITH HIV:**

- Start treatment as soon as possible if you are not on treatment already
- Take your treatment daily
- Give the prevention syrups to your baby
- Test your baby for HIV at birth, 10 weeks, 9 months, 18 months and 6 weeks after stopping breastfeeding
- Safe breastfeeding with an undetectable viral load

**IF YOU ARE HIV NEGATIVE:**

- Book early
- Use a condom
- Get your partner tested
- Test frequently for HIV during pregnancy & breastfeeding