**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
+ Breastfeeding is safe with an undetectable viral load

**START ANTENATAL CARE EARLY**

**USE A CONDOM**

**GET YOUR PARTNER TESTED**

**HOW TO PROTECT YOUR BABY FROM HIV**

**IF YOU ARE HIV NEGATIVE:**

+ Test frequently for HIV during pregnancy & breastfeeding
+ Ask your midwife about PrEP