

KNOW THE FACTS!

HIV Transmission During and After Pregnancy



Perinatal transmission is when a pregnant person passes HIV to their baby during pregnancy, childbirth, or through breastfeeding. Here's some key information about the risk of HIV transmission during and after pregnancy, and what you can do to help protect your baby. Remember to talk with your doctor about your risk before getting pregnant or during your first prenatal visit.

DURING PREGNANCY

Schedule your first prenatal visit ASAP!

Get your viral loads tested regularly

Keep taking your HIV medication, or let your doctor know if you're having problems with it

Keep yourself healthy so you can take care of your baby

The risk of perinatal transmission is very low in people with undetectable HIV levels

Risk of Perinatal Transmission in People with Undetectable HIV Levels

<1%

DURING CHILDBIRTH

- Work with your doctor to make a healthy plan for childbirth
- If your HIV virus levels are above 1000 copies/mL, a C-section might be the best choice to reduce risk for your baby
- Vaginal delivery is safe if your viral levels are undetectable



>1000
copies/mL = C-section

AFTER CHILDBIRTH

- Remember to attend your postnatal follow-up appointments!
- Your baby may receive treatment with an HIV drug for a few weeks after birth to reduce their risk
- Breastfeeding comes with a risk of transmission
 - Discuss feeding plans with your doctor
 - Make sure you stay on your HIV treatment to keep your virus level low or undetectable



REFERENCE

HIVinfo.NIH.gov. HIV and pregnancy: preventing perinatal transmission of HIV. Updated July 26, 2024. Available at: <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/preventing-perinatal-transmission-hiv>. Accessed March 12, 2025.