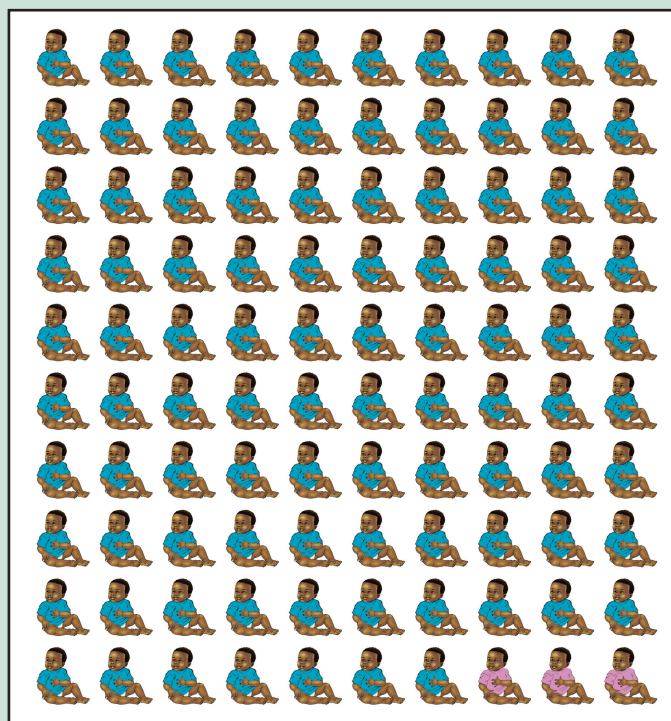


For HIV positive women: Does exclusive breastfeeding or replacement feeding with formula better protect my baby's life?

If my baby and I take ARVs, what is the risk of passing HIV to the baby through breastfeeding?

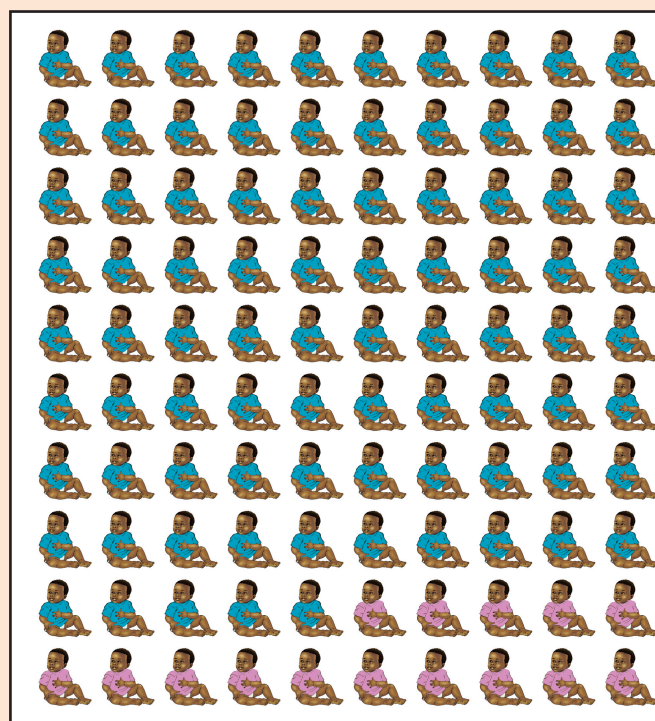


3 out of 100
babies will
contract
HIV through
breastfeeding

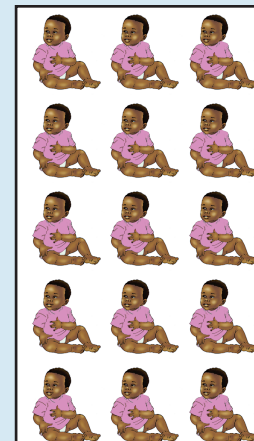


97 out of 100 babies will not contract HIV through breastfeeding if the mother and baby take ARVs and breastfeed for 12 months.

If I feed my baby infant formula, what is the risk of my baby dying of other causes besides HIV?



15 out of 100
babies will die from
non-HIV causes, like
diarrhea,
pneumonia,
malnutrition



85 out of 100 babies will survive their first year if formula fed.

For HIV positive women: Does exclusive breastfeeding or replacement feeding with formula better protect my baby's life?

This card helps an HIV positive woman to compare the risk of her baby getting HIV through breastfeeding versus the risk of her baby dying of non-HIV causes like diarrhea or pneumonia if she doesn't breastfeed.

Exclusive breastfeeding with ARVs

The green side shows 100 babies born to HIV positive women. The babies in red show the very small number of babies who get HIV from breastfeeding if both the mother and baby take ARVs as recommended, and if the mother exclusively breastfeeds the baby, begins giving other foods at six months and continues to breastfeed until the baby reaches 12 months. In this case, 3 babies will get HIV through breastfeeding. The large number of babies in blue represent the 97 babies will not get HIV from breastfeeding.

If the mother chooses to breastfeed and both mother and baby take ARVs, discuss the following points and answer her questions:

- PMTCT interventions, including ARVs for her and for her baby, are VERY IMPORTANT to prevent HIV transmission to the baby.
- The baby must breastfeed exclusively for six months—no other foods, drinks or even water. Mixed feeding (giving breast milk and other food or drinks, even water, before six months) increases the chance that the baby will be infected with HIV.
- When the baby is ready to stop breastfeeding, it should be done gradually over about a month.
- If the mother or baby takes ARVs to prevent mother to child transmission, they should continue taking them for one week after breastfeeding is fully stopped. If the mother needs ARVs for treatment, she should continue even after she stops breastfeeding.
- Breastfeeding should continue until the family can give the baby a diet that is nutritionally adequate without breastmilk. The baby will need animal source foods (meat, poultry, fish or eggs, plus milk products) in order to meet all nutrient needs.

Exclusive formula feeding from birth

The orange side also shows 100 babies born to HIV positive women. Babies in red show the babies that will die if the mother gives infant formula to the baby from birth. The baby will not get HIV through breastfeeding. However, the baby will not have the protection from illnesses that comes from breastmilk and will not benefit from the best nutrition that breastmilk provides. Unclean water is also a risk and not having enough infant formula. 15 of these babies will die from non-HIV causes, such as diarrhea, pneumonia or malnutrition. 85 of the babies will survive the first year.

If the mother chooses to formula feed, discuss the following points and answer her questions:

- If she begins to feed the baby infant formula, she should never breastfeed since the baby's stomach will be more vulnerable to HIV.
- Babies who do not breastfeed become sick more frequently. They must visit a health facility immediately if they fall ill.
- Infant formula is expensive, requires fuel, cooking supplies and clean water. It must be prepared day and night, at home and away for a year or more.
- People may question why the mother is not breastfeeding and wonder if she has HIV.
- Without breastmilk, the baby will require extra foods to grow and develop. These include infant formula for the first year, along with other foods starting at six months. Milk and other animal source foods (meat, poultry, fish or eggs, plus milk products) will be needed in order to meet all nutrient needs.

Ask the mother: Do you have any questions about this card? Which feeding method is most likely to protect the baby?