If I'm HIV positive

Can I have kids?

Yes, if you are HIV positive, you can have kids and there is a good chance you can have an HIV negative baby.

If you are planning on having a baby, it is important to make sure that you are healthy enough to have and keep a baby.

If you are HIV positive you can be on ARVs and if you take them every day there is every possibility that you will be virally suppressed. This means that the viral load test will not find (or detect) any virus and this in turn means that you cannot transmit the virus. At your first clinic visit after you find out you are pregnant (known as an antenatal or before birth visit) your nurse will enrol you into the PMTCT (prevention of mother-to-child-transmission programme) to protect your baby from being infected with HIV.

- Are you already pregnant and HIV positive? Then you should visit a clinic as soon as possible to get started on the right ARVs to lower your baby's chances of getting your HIV.
- If you and your partner are trying for a baby, it is **important to talk to a nurse or doctor BEFORE you start**, so that you can see what the best options are for you and your partner, to lower your baby's chances of getting your HIV.

You and your partner should also be tested for other Sexually Transmitted Infections (STIs). If one of you shows any signs or symptoms for STIs, then you should both get treatment, because STIs can make your baby sick or make it harder for you to have a healthy baby.

Being on ARVs is really important for your own health, your partner's protection and to protect your baby from HIV during your pregnancy and during breastfeeding. You should always take your **ARVs every day to keep the HIV in your body low or undetectable!**

If you are pregnant, make sure you register for MomConnect at your local clinic or dial *134*550# to receive free information on pregnancy and your baby's health.

> **"If you are planning on having a baby, it is important to make sure that you are healthy enough to have and keep a baby"**

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