

***THIS IS THE BACK PAGE OF THE BROCHURE.***

***PUT YOUR ORGANIZATION'S INFORMATION HERE AND  
DELETE THIS TEXT.***

*Put information about your organization, where to find you,  
what you do, etc.*

This pamphlet was produced with guidance from the Coalition for Children Affected by AIDS and its members, in solidarity with several international campaigns -- by UNAIDS, UNICEF, WHO, The Global Fund, PEPFAR and others. Its purpose is to support families and communities a) to prevent women and men from becoming infected with HIV, b) to help women prevent or avoid unwanted pregnancies, c) to keep parents alive through treatment, d) to treat AIDS in children, and e) to support families and children so that they can enjoy a healthy life together. All of these strategies together are what are otherwise known as 'preventing mother to child transmission (PMTCT), 'preventing parent to child transmission (PPTCT), or 'preventing vertical transmission'.

This pamphlet was written and designed so that it could be edited and customized by community organizations to suit local needs.



# **HEALTHY PARENTS, HEALTHY CHILDREN, HEALTHY FAMILIES.**

**YOUR HEALTH, YOUR PARTNER'S HEALTH,  
YOUR CHILDREN'S HEALTH:  
WE KNOW HOW IMPORTANT THEY ARE TO YOU –  
AND WE WANT TO HELP**

**HIV and AIDS IS NOT A DEATH SENTENCE.  
HIV and AIDS CAN BE PREVENTED.  
HIV and AIDS CAN BE TREATED OR CONTROLLED**



*Delete this text, and the image just above, and replace it with your organization's  
logo.*

**Testing for HIV, treatment and support are getting better. Times are changing and we know more than we used to. Services are becoming more available and accessible.**

**For instance, with proper testing, treatment, care and support:**

If you, your husband/partner or your child tests HIV-negative, you can make sure you all stay HIV-negative.

If you test HIV-positive

- Make sure your partner tests too.
- Women living with HIV can have a safe and healthy pregnancy and give birth to a healthy baby.
- You and your family can stay healthy.
- With support, you and your family can cope with illness and difficulties if they arise.
- You and your partner can choose if and when you want to have another child.

**Even so, we know there are still challenges.**

**Here's how (*organization name*) can support you.**

## **If you, your partner or your child tests HIV-negative, you can make sure you all stay that way.**

- To be able to receive the care that you need, it's important to get tested for HIV. If you know your HIV status, you can take steps to protect your baby from contracting HIV.
- It's important to bring your husband/partner to be tested, and any other children you might have.
- You and your husband/partner can give each other support, especially if one of you is HIV-positive and the other is HIV-negative.
- It's important to go back to get your results because the people who tested you might not reach you to ask you to come back.
- If you or a family member tests HIV-negative, it's important to protect yourself from HIV in the future.
- Protect yourself by using prevention and by getting re-tested from time to time.

### **HOW WE CAN SUPPORT YOU**

- We are happy to support you when you, your husband/partner or your children are tested.
- We can help you when you tell your husband, wife or partner your results, and support you if you are worried about how they might react.
- We will support you if you fear that stigma might affect how you are treated.
- We can remind you to pick up your test results, and we can go back with you to pick them up.
- We can help you learn about ways to protect yourself from HIV, especially if your partner or someone else in your family is HIV-positive.

## **Women living with HIV can have a safe and healthy pregnancy and give birth to a healthy baby who is free of HIV.**

- You must go to the clinic as soon as you know you're pregnant - or even before, so that you can plan a healthy pregnancy. Most medicines work better when they are started early.
- Ensure that you attend clinics and take your medicines exactly as your health worker tells you to. You need to do this to keep yourself healthy, to protect your baby from getting HIV, and to help your baby stay healthy even if your baby is born with HIV.
- Look after yourself. Remember your clinic appointments.
- Be active but rest when you are tired. Eat well, and do not use tobacco or alcohol while you are pregnant.

### **HOW WE CAN SUPPORT YOU**

- We will be happy to go to the clinic with you the first time if you want a companion.
- We can offer support when you get tested and when you collect your results.
- We can support you if you're worried about stigma.
- We can help you remember your clinic visits.
- We can support you, your partner or your child to always take your medicines, even if it gets difficult.
- If you or your family member has HIV or AIDS, or another illness, we can help explain what you should expect, and what should happen when you go to the clinic to see a health worker.
- We can work out together how you can eat healthy foods.

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IS NOT A  
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SENTENCE.**

## **Women living with HIV can give birth to a healthy baby**

- You must attend all your antenatal clinics and take medicines as directed by your health worker.
- You should go to a clinic or health centre to give birth, or make sure there is an experienced person to help you at home.
- At birth, you should feed your baby the first thick milk from your breasts. It's a special natural medicine for your baby.
- Take your baby back to the clinic or health centre for a check-up as soon as possible (within one month).
- For the first 4-6 months, it's important to give your baby only breast milk – it's the best food in the world for a baby, and your baby doesn't need anything else. The more milk the baby drinks, the more milk your breasts will make.
- It is important to take your baby to the clinic to be tested before they are 3 months old, and to go back for your baby's results.
- Make sure to take your baby for immunizations and give your baby medicine exactly as the clinic or health centre tells you. It's important to make sure that your baby gets medicine to treat illness and to prevent infections. Ask your health worker for advice when you visit the clinic or health centre.
- As much as possible, share instructions for baby medicine with your husband/partner and your family, so that everyone understands what needs to be done to keep your baby healthy.
- Look after yourself. Be active but rest when you are tired, and eat well. Enjoy your new baby.

### **HOW WE CAN SUPPORT YOU WITH YOUR BABY**

- We can help you to remember to take your baby to the clinic and to give your baby medicine exactly as the clinic told you.
- We can help you to keep breastfeeding your baby.
- We can help you explain feeding and the baby's medicine to your family.
- We can tell you about healthy foods to regain your strength after birth.

## **You and your family can stay healthy, and you can cope with illness and difficulties if they arise**

- Ensure that you take your medicines exactly as the clinic or health centre told you.
- It's important to tell the health worker if you feel unwell. They will test to see if you need new medicine.
- It's important to ask for help when you need it. The earlier you get help, the better it will work.
- When people in your family feel sick, they also need to go to the clinic or health centre. They can stay well if they get tested early for HIV and take treatment.
- Your family can support each other to all stay well.
- Look after yourself. Be active but rest when you are tired, and eat well. Enjoy your baby as he or she grows and develops.

### **HOW WE CAN SUPPORT YOU**

- We can help you to remember to take your medicine exactly as the health worker told you.
- We will be happy to visit you at home if you feel lonely, worried or sad, or need our help.
- We can introduce you to other women who are going through the same things as you.
- We can try and help you if you have problems at home or with your baby.
- We can introduce parents and family members to other families who are going through the same things.
- We can support you if health workers at the clinic or health centre stigmatize you or discriminate against you or your family.
- We can accompany you to the clinic if you need support.
- We can tell you about healthy foods.

**HIV and AIDS  
CAN BE  
PREVENTED.**

## **You and your husband/ partner can choose when or if you want to have another child**

- Spacing babies out, with a few years between children, is better for you and your children's health. You and your husband/partner should talk about family planning so that your babies don't come too close together. Ask the clinic or health centre for help.
- If you don't want any more children, it's important to know how not to get pregnant.
- People might make judgments about whether you can or should have a baby, either because you are HIV positive or because of who you are or what work you do. But the choice is yours, and you have a right to health services if you decide to have a baby, no matter who you are or what work you do.

### **HOW WE CAN SUPPORT YOU**

- We can talk to you about family planning.
- We can accompany you to the clinic or health centre if you are uncomfortable talking to a health worker about family planning.
- We can support you if you're feeling stigmatized about your choices to have a baby or not to have a baby.

# HIV and AIDS CAN BE TREATED OR CONTROLLED.

## *AGENCY INFORMATION*

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