

# ARVs and Breastfeeding



It is recommended that all people with HIV are started on antiretroviral therapy (ART) for life. If you are breastfeeding, you may have some questions about the safety of this for your baby. This is an update from the latest research.

- 1. Many ARVs can be measured in breast milk and in your baby's blood. But no major side effects have been reported in breastfed babies.**
- 2. The risk of HIV transmission to your baby is very low if you take your medicines every day and do not miss any**
- 3. The most important thing is that you take your medicines, go to all of your appointments and those for your baby, and seek advice from the clinic if you have any concerns.**



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