

Breast milk is best for all babies irrespective of the mother's HIV status

Breastfeeding and ARVs

Exclusive breastfeeding reduces the risk of mother to child HIV transmission through breast milk when compared with mixed feeding. Mixed feeding means breastfeeding and also giving the baby other milk or food.

The mother or the baby must be on ARVs whilst the baby is being breastfed. The ARV medicine reduces the chance of your baby getting HIV

If you are on lifelong ARVs

If you are on lifelong ARVs your health worker will give you ARV medication for your baby that you should give every day for six weeks.

After six weeks stop giving the baby the ARV and continue breastfeeding until your baby is twelve months old

If you are not on lifelong ARVs

If you are not on lifelong ARVs you should give the ARV medication to the baby for as long as the baby is receiving any breast milk **AND** continue giving the ARV medication for one week after breastfeeding has stopped.

Continue breastfeeding until your baby is twelve months old

If the baby is HIV positive

If the baby is HIV positive then it is best to exclusively breastfeed for six months after which you can start complementary feeding.

Continue breastfeeding for two years or longer. The baby should also be started on lifelong antiretroviral treatment (ART)

exclusive breastfeeding is the best and healthiest feeding option for all babies



health

Department:
Health
REPUBLIC OF SOUTH AFRICA