

# REDUCE mother-to-child transmission of HIV

## I SHOULD:

- ◆ Attend a maternity clinic to check if my baby and I are healthy.
- ◆ Ask for counselling and an HIV Test. Nurses are required to test for syphilis and blood groups, but not for HIV.
- ◆ Ask my partner to come for HIV counselling and testing.

The Constitution says that I have a right to dignity and health care.

## IF I TEST HIV POSITIVE, I HAVE A RIGHT TO:

- ◆ Nevirapine – it can protect my baby from HIV.
- ◆ Be told where I can get Nevirapine if it is not available in my clinic.
- ◆ Formula milk, if I have access to clean water. Breastfeeding could put my baby at risk of being infected with HIV.
- ◆ Counselling about exclusive breastfeeding if I choose not to use formula milk.
- ◆ Proper follow up and monitoring by a doctor and nurse at all times.
- ◆ Join a support group to learn how to live a healthy life with HIV!

*“I have a right to support for any decision I make regarding my pregnancy, including termination of pregnancy.”*

*“Whether I test positive or negative I have a right to insist on using condoms when having sexual intercourse.”*



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