

# 妊娠和HIV

## Pregnancy and HIV

If you are pregnant or plan to be pregnant, HIV testing is recommended. The Human Immunodeficiency Virus (HIV) is the infection spread by contact with body fluids or shared needles of another person with HIV.

Body fluids are blood, urine, stool, vomit, semen, and vaginal secretions.

HIV causes Acquired Immune Deficiency Sndrome (AIDS). AIDS is a disease that weakens the body's immune system and makes it hard for your body to fight infection.

There is no vaccine to prevent HIV and no cure for AIDS. There are newer medicines available that can lower the chance of getting HIV for people at risk of being exposed to HIV or may have been exposed.

### HIV Testing During Pregnancy

HIV testing is recommended for all pregnant women in the early months of pregnancy. A blood test is often done and test results will be shared with you by your doctor or health care provider.

- **A negative test result means you do not have HIV.**
- **A positive test result means you have HIV** and you need follow up care from your doctor.

HIV tests do not tell you if you have AIDS. HIV tests may be repeated during pregnancy.

如果您已怀孕或者正在备孕，建议您接受HIV检测。人类免疫缺陷病毒(HIV)是通过体液接触或与HIV感染者共用针头进行传播的感染。

体液包括：血液、尿液、粪便、呕吐物、精子和阴道分泌物。

HIV导致获得性免疫缺陷综合症 (AIDS)。AIDS是一种削弱身体免疫系统，使其难以抵抗感染的疾病。

没有预防HIV的疫苗，也无治愈AIDS的方法。有一些新药可以降低有暴露于HIV的风险或可能已暴露于HIV的人感染HIV的机会。

### 妊娠期HIV检测

建议所有孕早期妇女接受HIV检测。通常进行血检，并由您的医生或医疗服务提供者告知结果。

- **检查结果阴性代表您没有感染HIV。**
- **检查结果阳性代表您感染了HIV**，那么您需要医生的后续治疗。

HIV检测不会告知您是否患有AIDS。妊娠期间可能需要重复进行HIV检测。

## HIV Treatment for You

**Many mothers with HIV can have a safe pregnancy when they are treated for the virus.**

If you have HIV, there are medicines to protect your health and reduce the chance of the infection in your baby. If you are not already on a treatment before pregnancy, medicines may be started after the first trimester. Treatment will depend on:

- The amount of virus in your body
- How well your immune system is able to fight infection
- Other health problems you may have

## Preventing Infection in Your Baby

### At Delivery

You may have a cesarean delivery instead of a vaginal delivery. Cesarean delivery may reduce the chance of HIV infection in your baby. The surgery may be planned a week or more before your delivery date. Talk with your doctor about your delivery.

### After Your Baby is Born

If you have HIV, your doctor may recommend that your baby:

- Start medicine the day of delivery to protect him or her against the chance of HIV infection. This may continue for several weeks.
- Have treatment if his or her red blood cells are low, called anemia. Treatment for anemia increases red blood cells that carry oxygen to all parts of the body.

## HIV治疗

接受针对该病毒的治疗后，许多感染HIV的母亲可以安全妊娠。

如果您感染了HIV，有药物可以保护您的健康并降低宝宝的感染风险。如果您妊娠前未接受治疗，可在妊娠第一期结束后开始用药。

治疗取决于：

- 您体内的病毒数量
- 您免疫系统对抗感染的能力
- 您的其他健康问题

## 预防宝宝感染

### 分娩时

您可能需要剖腹产而非经阴道分娩。剖腹产可减少宝宝感染HIV的风险。手术可能在预产期前一周或更早进行。与医生讨论您的分娩计划。

### 分娩后

如果您感染了HIV，医生可能建议您的宝宝：

- 分娩当天即可用药，以保护宝宝不受HIV感染。用药可持续数周。
- 如果宝宝红细胞低，即贫血，需进行治疗。治疗贫血可增加往身体各部分运输氧气的红细胞数量。

- Be tested for HIV several times during the first year. If a baby tests positive after birth, it does not mean the baby has HIV. A mother's antibodies for the virus can show up in a baby's blood test for the first 6 months of life.
- Be bottle fed with an iron rich baby formula. Breast milk is a body fluid that can carry HIV virus, so you should not breastfeed.
- 出生后第一年进行数次HIV检测。如果宝宝出生后检测结果为阳性，并不意味着宝宝感染了HIV。宝宝出生后六个月内，妈妈的病毒抗体会出现在宝宝的血检中。
- 用高铁配方奶粉瓶喂。母乳是可能携带HIV病毒的一种体液，所以不应母乳喂养。

**Talk to your doctor or health provider if you have questions or concerns.**

**如有任何疑问或担心，请咨询医生或医疗服务提供者。**