懷孕與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 Syndrome (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 medinces availiable that can lower the chance of getting HIV for people at risk of being exposed to HIV or may have been exposed.

如果您已經懷孕或者打算懷孕，推薦您去做 HIV 檢測。人類免疫缺陷病毒（HIV）是通過接觸另一名HIV病毒患者的體液或與其共同使用同一個針頭從而造成傳播的病毒。

體液包括血液、尿液、糞便、嘔吐物、精液和陰道分泌物。

HIV 會導致獲得性免疫缺陷綜合癥（AIDS）。艾滋病會削弱人體免疫系統，讓您的身體很難抵禦感染。

目前沒有預防艾滋病病毒的疫苗，也沒有治愈艾滋病的療法。對於存在接觸HIV病毒風險或已經接觸HIV的人群，目前有新的藥物可以降低其感染艾滋病毒的幾率。

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.

孕期進行HIV檢測

建議所有孕婦在懷孕的頭幾個月進行 HIV檢測。通常需要驗血，您的醫師和醫療保健提供者會向您提供您的驗血結果。

- 檢驗結果呈陰性表示您沒有感染**HIV病毒。**

- 檢驗結果呈陽性表示您感染了**HIV病毒，**需要得到您醫師的進一步治療。

HIV檢測並不能判定您是否罹患艾滋病。HIV檢測可能需要在孕期內反復進行。

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 治療

許多感染HIV病毒的孕婦在進行病毒治療後，他們可以安全懷孕。

如果您感染上 HIV，某些藥物可以保護您的健康并大幅減少您的寶寶感染上的幾率。如果您在孕前尚未接受治療，可以在早期妊娠之後開始服藥。療效取決於：

- 您體內的病毒數量
- 您的免疫系統抵禦感染的強弱程度
- 您可能存在的其他健康問題

預防您的寶寶感染

分娩

您可以選擇剖腹產而非順產。剖腹產能夠減少您的寶寶感染 HIV 的幾率。應在分娩期之前一周或幾周提前安排手術。請咨詢您的醫師了解分娩事宜。

您的寶寶出生之後

如果您感染了 HIV，您的醫師可能會建議您的寶寶：

- 在分娩當天開始用藥，保護其免受 HIV 感染。服藥可能會持續數周。
- 如果寶寶紅細胞數量偏低（稱為貧血），需要相應治療。治療貧血能增加紅細胞數量，有助於將氧氣輸送至身體各個部位。

- 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.

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

- 第一年必須接受多次 HIV 檢測。如果寶寶出生后檢測呈陽性，並不一定意味著寶寶感染了HIV病毒。嬰兒出生後的頭6個月，在母親的血液測試中可以發現病毒抗體。
- 請用含鐵豐富的嬰兒配方奶粉餵養。母乳屬於可能攜帶 HIV 的體液，因此切勿母乳餵養。

若您有任何疑問或擔憂，請諮詢您的醫師或醫療保健提供者。

Pregnancy and HIV. Traditional Chinese.