

# Care of the HIV-Exposed Infant



Centers for Disease  
Control and Prevention  
Center for Global Health



# Use of Flipchart

## “To promote quality and consistency of counseling”

### Why use the counseling flipchart?

- To improve HIV-exposed infant outcomes through high quality counseling.

### When to use the counseling flipchart:

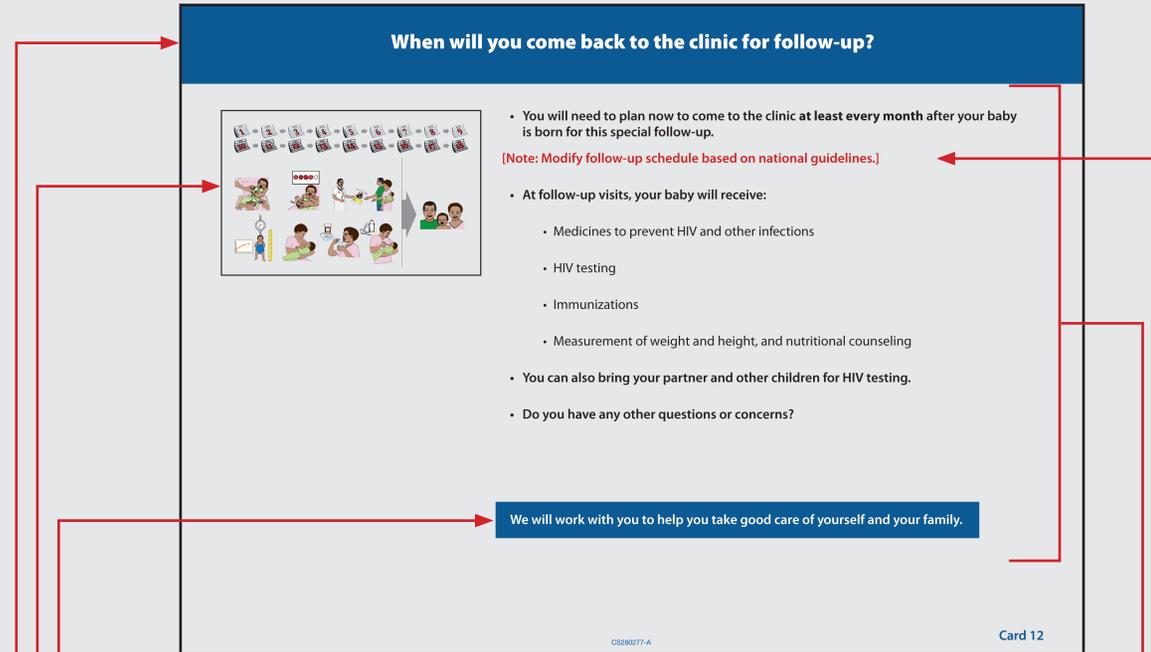
- Health care workers and counselors can use this flipchart at any time to counsel HIV+ pregnant and breastfeeding women.

### Preparing to use the flipchart:

- Familiarize yourself with the cards.
- Position the picture so that it faces the client.
- Position the back of the card so that it faces you.

### Tips for quality counseling:

- Give clients time to look at each picture.
- Use the title question to access your clients’ knowledge.
- Use the script to guide your explanation of each topic.
- Speak clearly.
- Use simple words and language.
- Adapt the information to meet your client’s needs.
- Provide information and/or support as necessary.
- Allow clients time for questions.

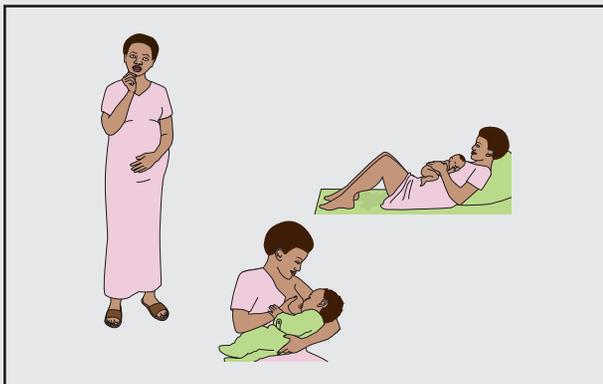


### Ease of use:

The side of each counseling card facing the healthcare worker includes:

- Priority messages highlighted in text boxes.
- Thumbnails of the pictures the client will be looking at.
- Title question.
- Suggested script with key teaching points.
- Notes for the counselor [in brackets] indicate topics that may need modification based on national guidelines and/or local context.

## What does it mean that your baby is HIV-exposed?



- Because you are HIV-infected, your baby is exposed to HIV.
- Exposed means that your baby has been in contact with the HIV virus, but we do not know whether he/she is HIV-infected.
- There is a chance that he/she may become HIV-infected:
  - During pregnancy
  - During labor and delivery
  - During breastfeeding

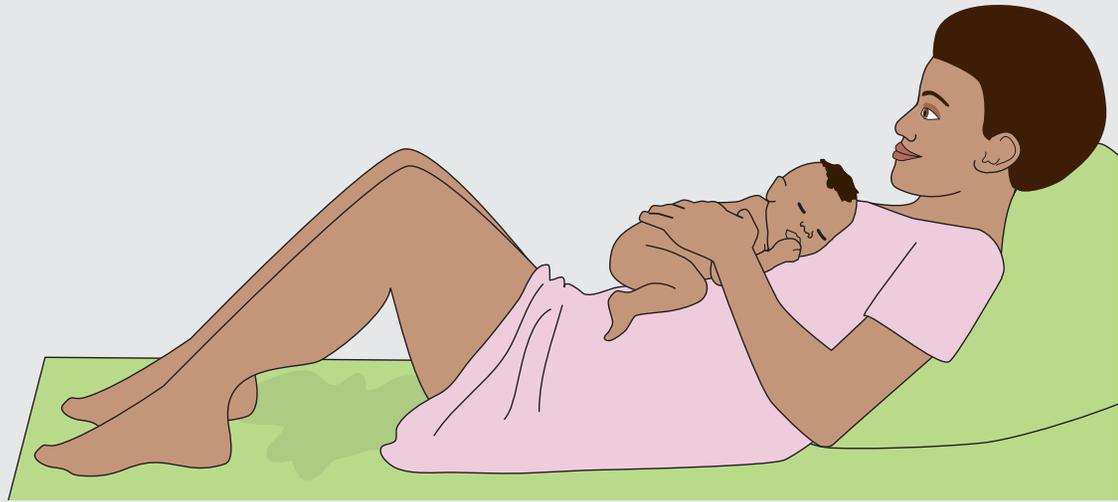
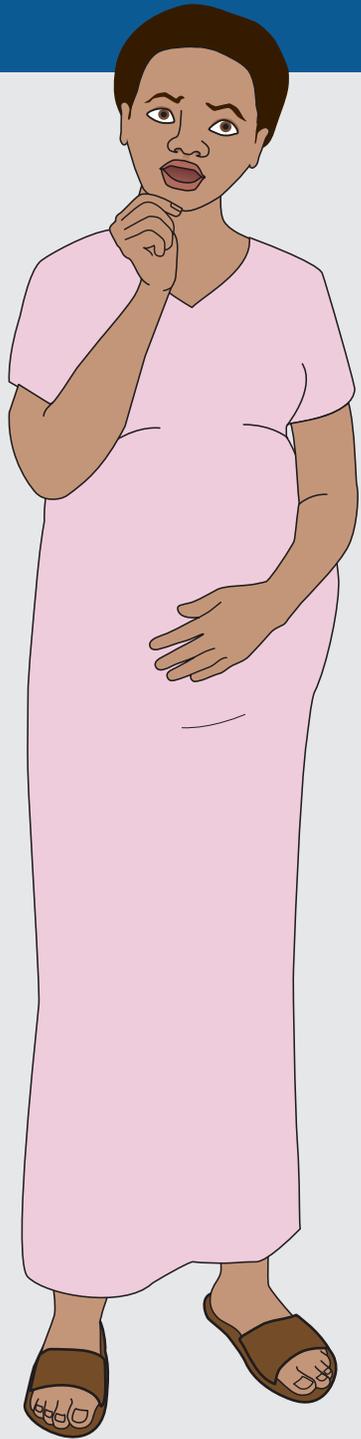
If you take ART every day and you give medications to the baby to prevent HIV, you can greatly reduce the chance that your baby will get HIV.

- A special test is needed to find out if babies are HIV-infected.

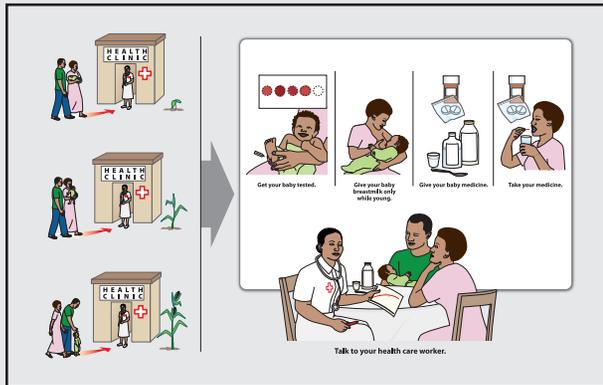
Your baby should be tested for HIV at 6 weeks of age, during the breastfeeding period, and 3 months after the end of breastfeeding.

[Note: Modify as needed based on national guidelines for infant HIV testing.]

**Your baby is HIV-exposed, but we can work together to keep your baby healthy and reduce the chance of your baby getting HIV.**



# What special follow-up is needed for you and your baby?



- You and your baby will need special follow-up from now on. We will work together to keep you both healthy so you can have a happy life.
- Taking good care of your health while you are pregnant and after the baby is born will help to keep you and your child healthy.
- There are some things you will need to do after the baby is born:
  - Get your baby tested at all of the recommended times (6 weeks of age, during the breastfeeding period, 3 months after the end of breastfeeding).
  - Give your baby only breast milk to eat while young (<6 months of age). When your baby reaches 6 months of age, continue breastfeeding and add in complementary foods.
  - Give your baby medicine.
  - Continue taking your ART every day.

Keep your baby in regular care until after breastfeeding and final HIV diagnosis.

**You and your baby need special follow-up.**

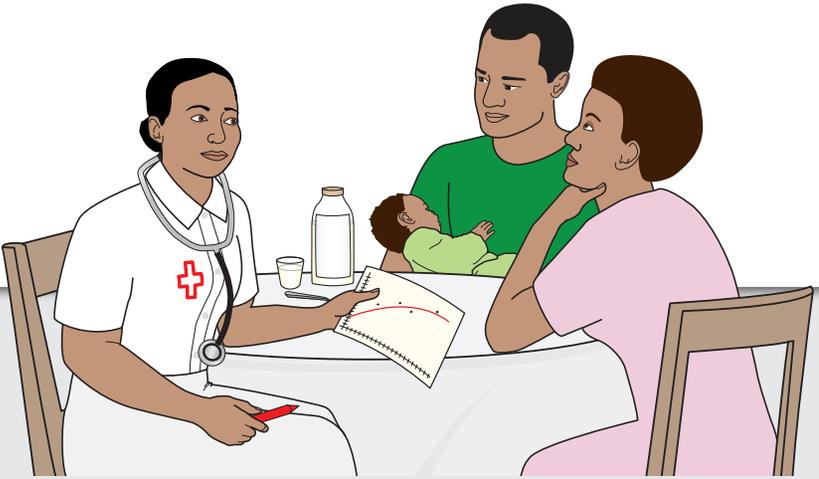


**Get your baby tested.**

**Give your baby breastmilk only while young.**

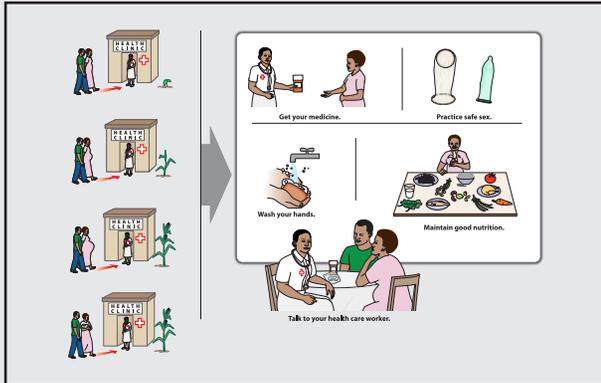
**Give your baby medicine.**

**Take your medicine.**



**Talk to your health care worker.**

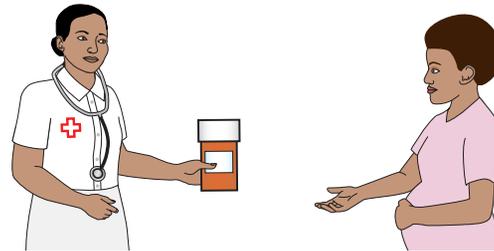
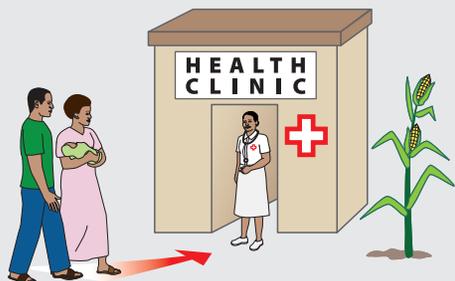
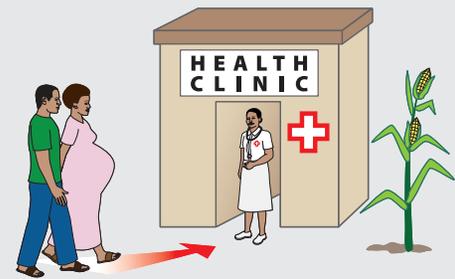
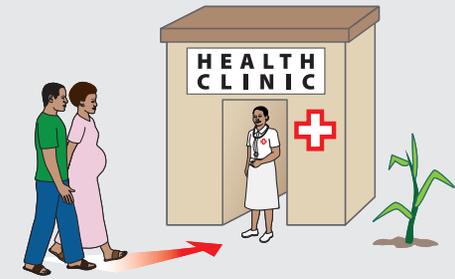
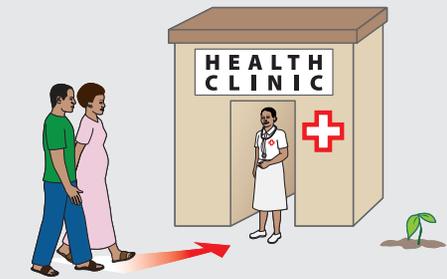
# How can you make sure you stay healthy for your family?



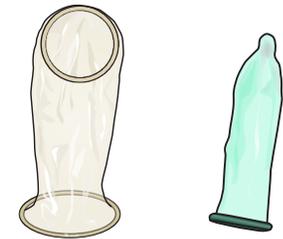
- **Take your medicine every day.**
  - The medicine we give you (ART) will help keep you healthy and decrease the chance that your baby will become HIV-infected.
  - The clinician may collect a blood sample to measure your viral load to make sure that ART is working well. It is recommended that you get a viral load checked: \_\_\_\_\_  
**[Note: Insert timing of viral load monitoring based on national guidelines.]**
- **Take care of your own health.**
  - We have already talked about the importance of your own health and the care and follow-up you will need. Babies are more likely to stay healthy when their caretakers are in good health.
  - In addition to taking your medicine, some other ways that you can take care of your health are:
    - (1) practice safe sex
    - (2) maintain good hygiene with regular hand washing
    - (3) eat a healthy diet

**Talk with a health care worker about if and when you want to have more children. If you do not want to have more babies soon, the health care worker can advise you on how to prevent pregnancy.**

# Take care of your own health.



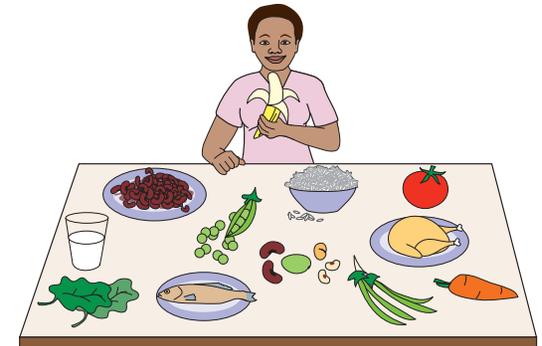
**Get your medicine.**



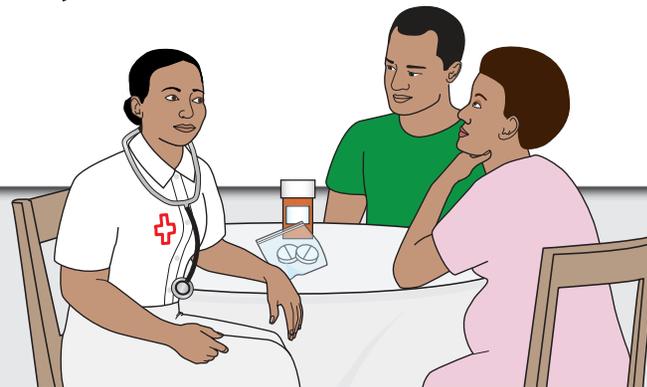
**Practice safe sex.**



**Wash your hands.**

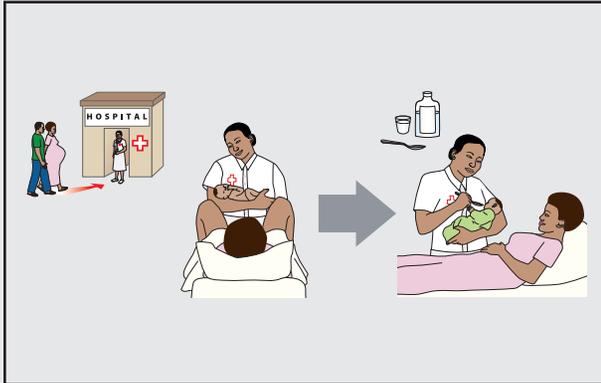


**Maintain good nutrition.**



**Talk to your health care worker.**

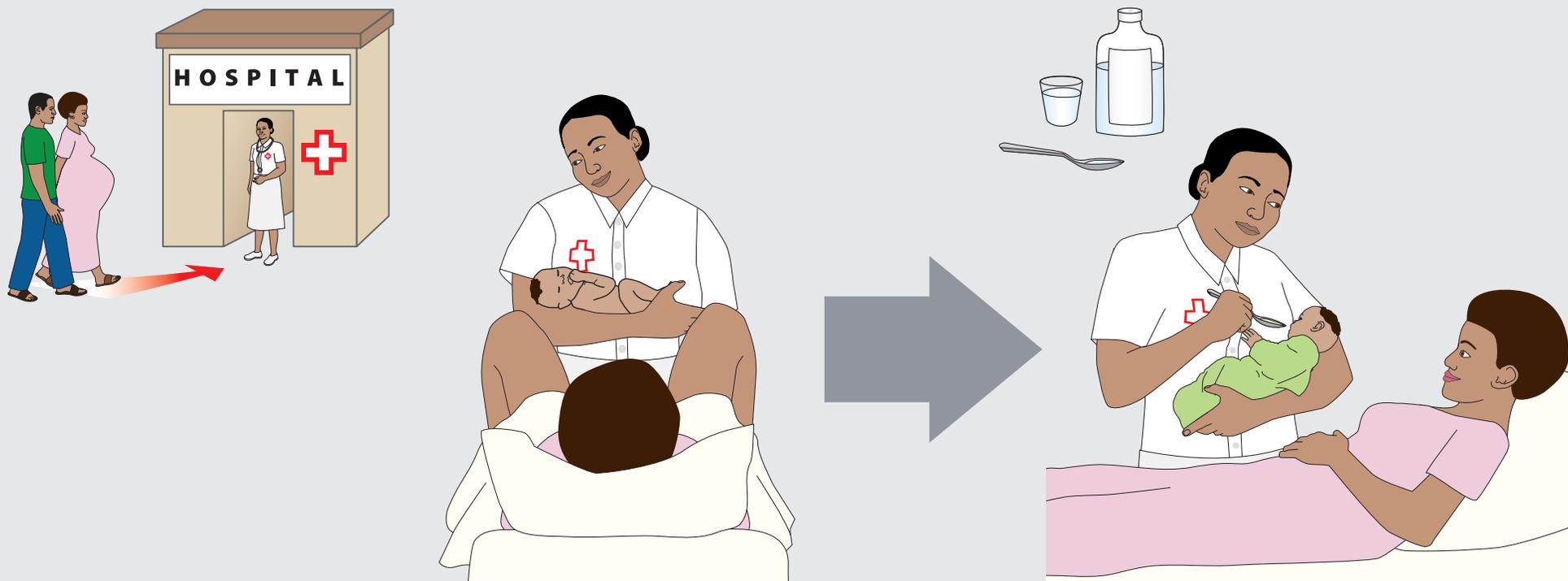
# Where should you deliver your baby?



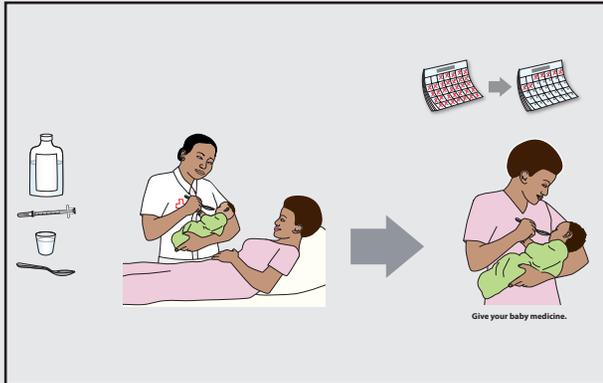
[Note: Skip this page if the mother has already delivered.]

- It is highly recommended that your delivery is assisted by a trained birth attendant.
- If you deliver your baby in the hospital/clinic:
  - We can take care of you.
  - We can give your baby the first dose of medicine to protect him/her from HIV.
- If there is an emergency and you must deliver your baby at home:
  - You will need to have medicine on hand to give to the baby when he/she is born.
  - You should then go to the clinic or hospital as soon as possible.
  - Continue to take your ART every day on your regular schedule.

Delivery at the hospital is safer, and your baby can get the first dose of medicine right away.



# What medicine can help prevent HIV infection in your baby?



- There are 2 types of medicine your baby will need to take.

- The first type of medicine will help prevent HIV infection in your baby.

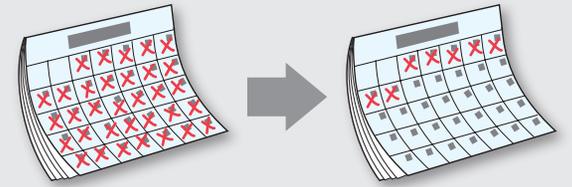
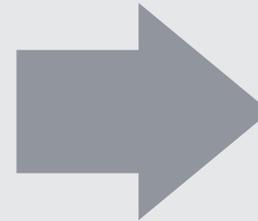
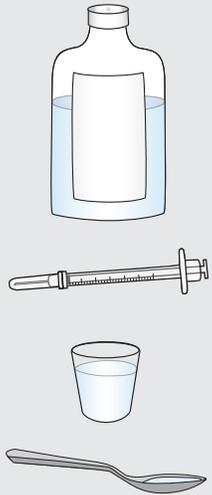
It is called \_\_\_\_\_.

You should give this medicine to your baby every day until your infant is \_\_\_\_\_ weeks of age.

**[Note: Insert national guidelines for infant antiretroviral prophylaxis regimen and duration.]**

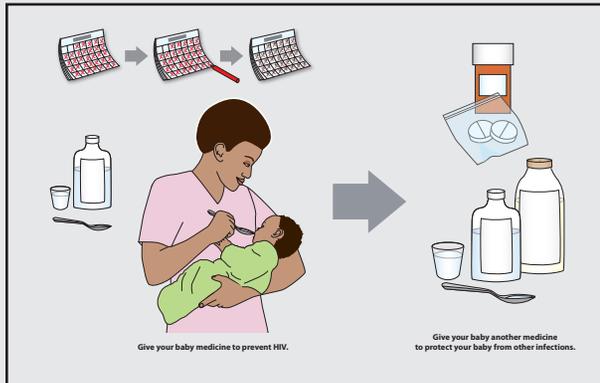
- **This medicine** prevents babies who are exposed to HIV from becoming infected.

**Your baby will need to take medicine every day to prevent HIV infection.**



**Give your baby medicine.**

# What medicine can prevent other infections in your baby?



The second type of medicine your baby needs will prevent other infections like diarrhea, pneumonia and malaria.

All HIV-exposed babies should take \_\_\_\_\_

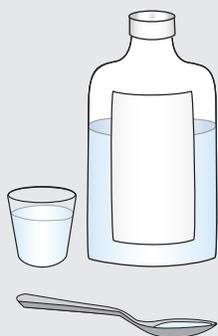
[Note: Insert locally-used name for cotrimoxazole here.]

This medicine:

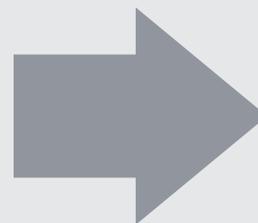
- Should be taken **once a day, every day**, from the age of 4-6 weeks until after the end of breastfeeding.
- Is not the same as the medicines used to treat HIV.
- Is safe but can cause side effects.

If your child develops a rash, severe vomiting and/or diarrhea, or if the whites of the eyes turn yellow, stop the medication and bring him/her to the clinic immediately.

Your baby will need to take medicine every day to protect him/her from other infections.

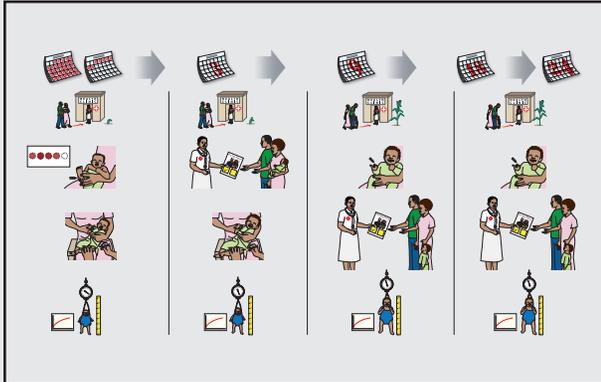


**Give your baby medicine to prevent HIV.**



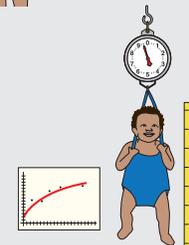
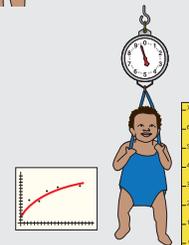
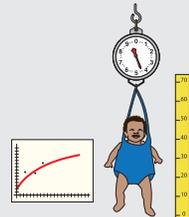
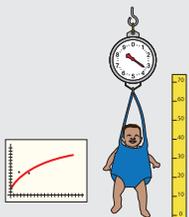
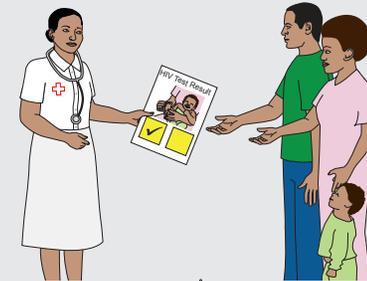
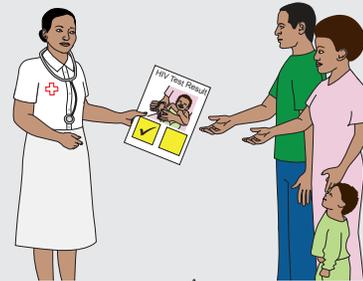
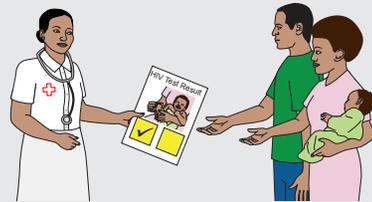
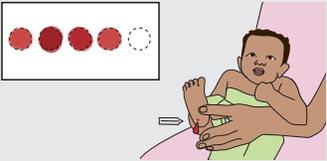
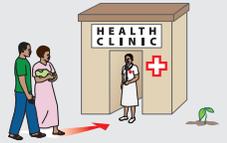
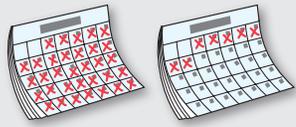
**Give your baby another medicine to protect your baby from other infections.**

# When should your baby be tested for HIV?

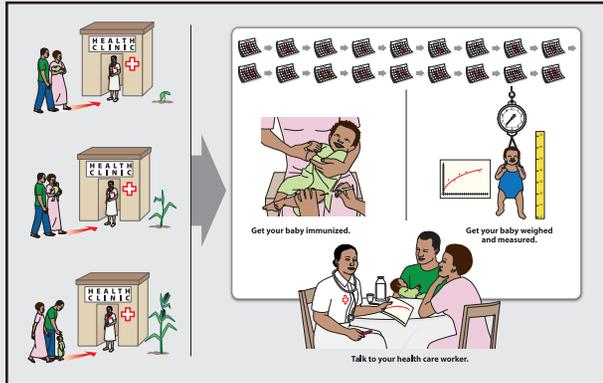


- Your baby will need to be tested for HIV several times.
- Since your baby may be exposed to HIV through breastfeeding, it is important that your baby gets repeat tests and takes medicines until after the end of the breastfeeding period.
- The usual tests for HIV (rapid tests) are not accurate for diagnosing HIV in children less than 18 months of age. We use a special test to diagnose HIV infection in infants.
- Your baby's first HIV test will be done when the baby is 6 weeks old, and you bring the baby for his or her first immunization visit.  
[Note: Modify for countries that are using birth testing based on national guidelines]
- Even if your child is not infected with HIV on the initial test, he/she will need special care until the final test results.
- Final test results are the results of a test that is done at:
  - 18 months of age, OR
  - 3 months after he/she last received breast milk, whichever is later.  
[Note: Adapt as needed based on national guidelines.]

# Your baby will need to be tested for HIV.



# Why should every baby come back to the clinic regularly?



After your baby is born, it is important that your baby receives the routine care provided to all children in the community such as:

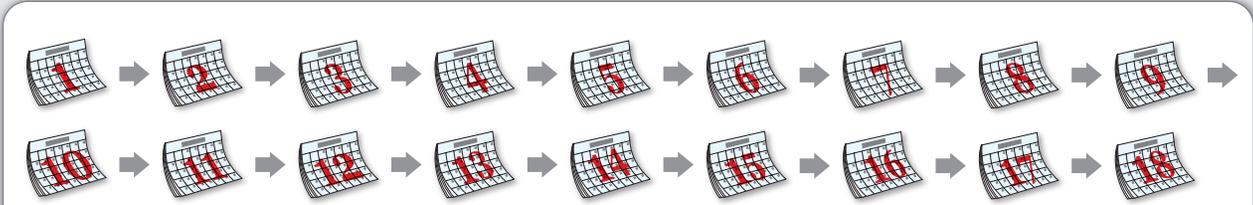
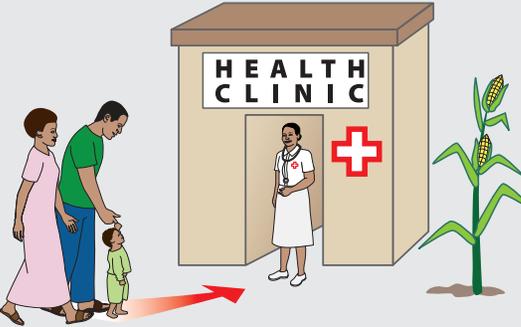
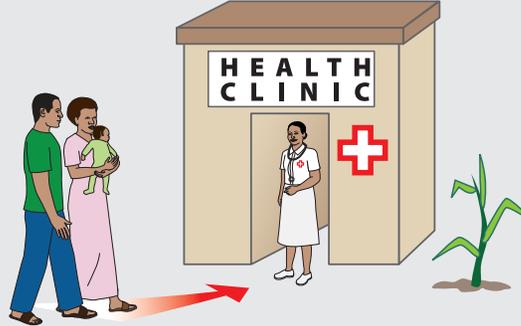
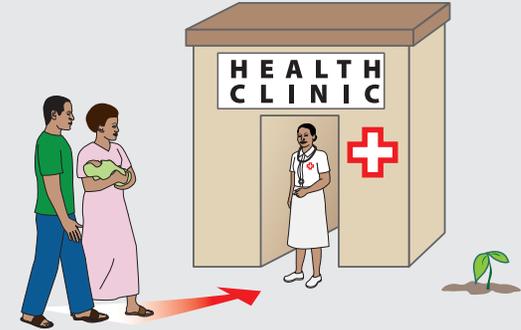
- **Immunizations**

- All regular immunizations on the same schedule as other children.

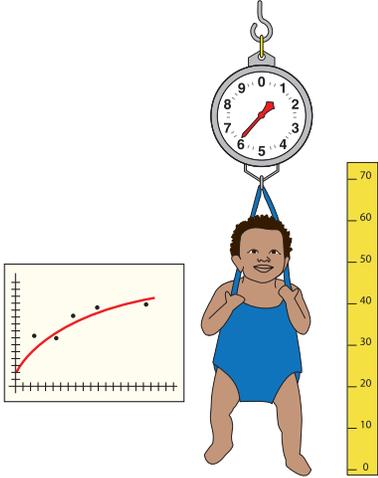
- **Growth Monitoring**

- Weight and height/length should be documented and plotted on the growth chart at every visit.

You and your baby need special follow-up.



Get your baby immunized.

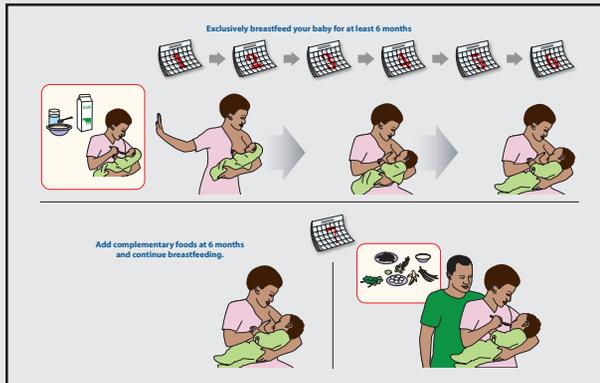


Get your baby weighed and measured.



Talk to your health care worker.

# Have you ever breastfed before? What do you plan to feed your baby?



- We recommend that you breastfeed your baby.
- Feed him/her **ONLY** breast milk until he/she is **6 months old**.

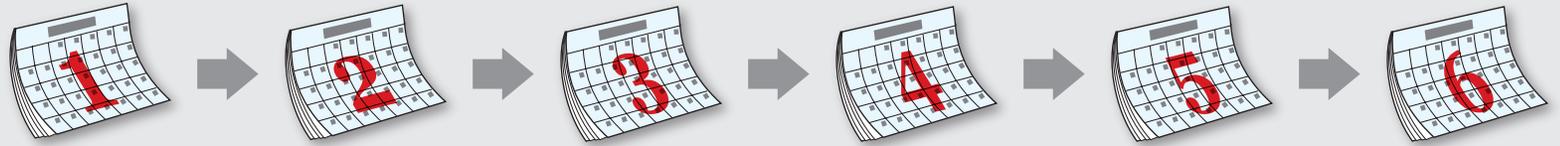
In the first 6 months of life, feeding your baby both breast milk and other foods or liquids increases the risk of HIV transmission.

- After 6 months, your baby will need other foods and liquids to develop well.
- Breastfeeding should be continued in addition to other foods and liquids for at least 12 months and may continue for up to 24 months or longer as long as you are taking your ART every day.

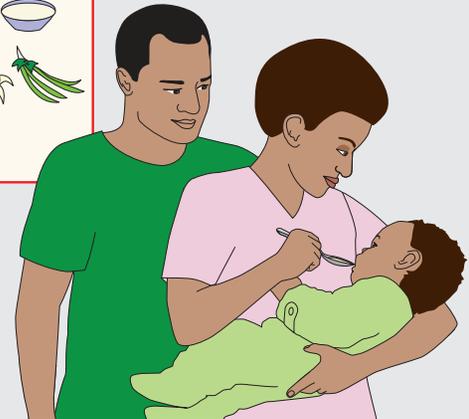
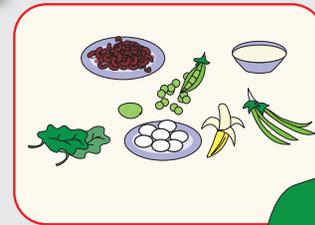
[Note: Modify counseling on breastfeeding duration based on national guidelines.]

# Infant Feeding

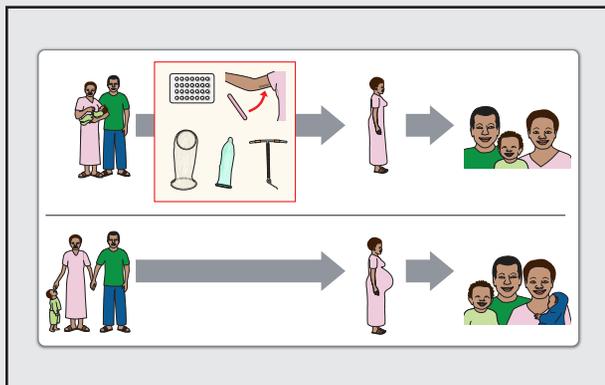
Exclusively breastfeed your baby for at least 6 months.



Add complementary foods at 6 months and continue breastfeeding.



# What do you know about family planning?



Family planning helps couples plan their pregnancies and can improve the health of mothers and children through child spacing.

In the example on this page, the couple used family planning after having a baby, and waited until the baby was older to plan a pregnancy with their second child.

If pregnant:

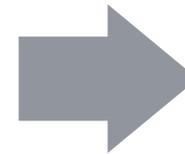
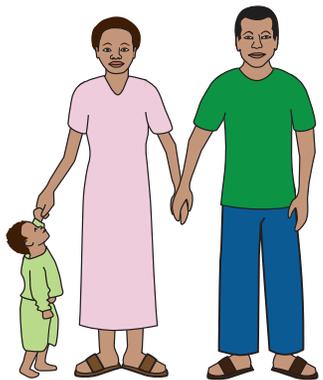
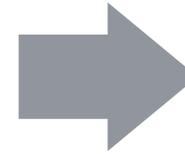
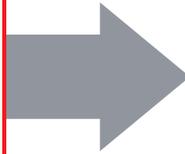
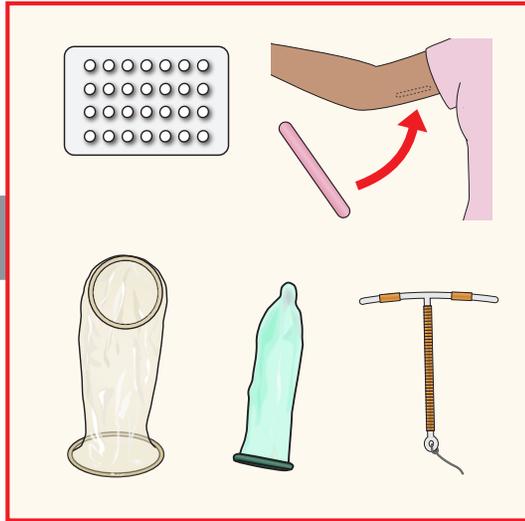
- Do you know which family planning method you will use after delivery?

If post-partum:

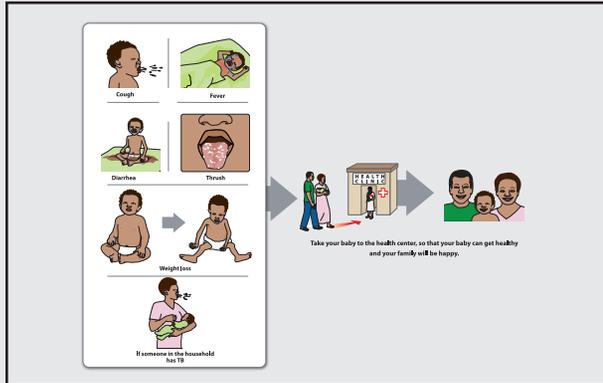
- Are you currently using a family planning method?
- You can talk to me or another healthcare worker about if and when you want to have more children.
- If you do not want to have more babies soon, there are different methods of family planning to prevent pregnancy.

[Note: Provide or refer for family planning counseling as appropriate.]

# Plan your next pregnancy.

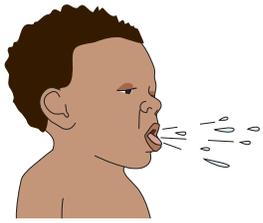


# What will you do if your child gets sick?



- If your child does get sick, bring him/her to the clinic immediately.
- Some illnesses such as cough, fever, diarrhea, creamy white spots on the tongue and in the mouth, and weight loss can be signs of HIV infection and your child may need treatment right away.
- If someone in the household has TB disease, your child should be started on a medication to prevent TB disease (called Tuberculosis Preventive Therapy, or TPT).

Bring your baby to the clinic if he/she gets sick.



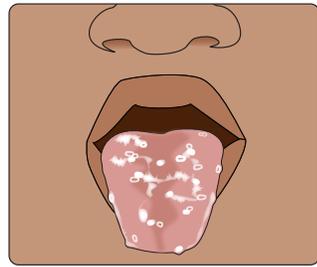
Cough



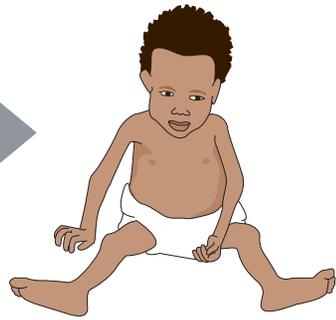
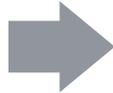
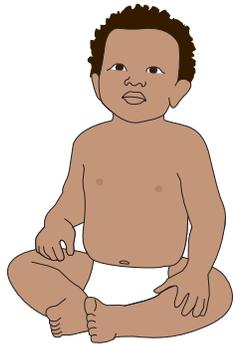
Fever



Diarrhea



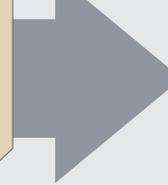
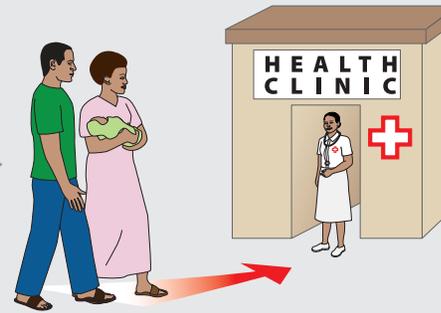
Thrush



Weight loss

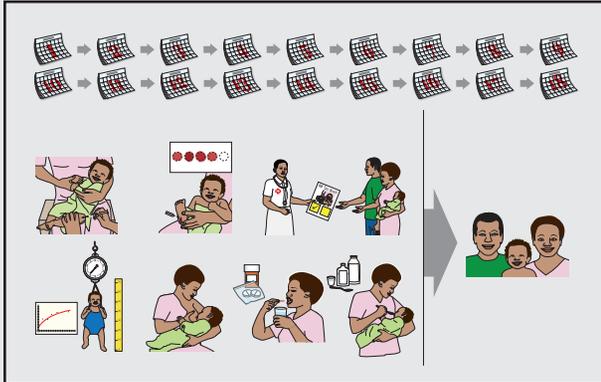


If someone in the household has TB



Take your baby to the health center, so that your baby can get healthy and your family will be happy.

# When will you come back to the clinic for follow-up?



- You will need to plan now to come to the clinic **at least every month** after your baby is born for this special follow-up.  
**[Note: Modify follow-up schedule based on national guidelines.]**
- At follow-up visits, your baby will receive:
  - Medicines to prevent HIV and other infections
  - HIV testing
  - Immunizations
  - Measurement of weight and height, and nutritional counseling
- You can also bring your partner and other children for HIV testing.
- Do you have any other questions or concerns?

We will work with you to help you take good care of yourself and your family.

# Plan now to return for your baby's special follow-up.

