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VIH

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InfoVHtal

INFORMACIÓN BÁSICA SOBRE EL VIH



Infant feeding and HIV



grupo de
trabajo sobre
tratamientos del VIH

ENTIDAD DECLARADA DE
UTILIDAD PÚBLICA
ONG DE DESARROLLO



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Infant feeding and HIV

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01 Infant feeding and HIV

Antiretroviral treatment and prenatal monitoring allow **women with HIV to become mothers and to have healthy, HIV-free babies**. Although the **safest feeding option is formula milk**, antiretroviral treatment also allows mothers the option of breastfeeding, with proper supervision from the healthcare team to minimise risks.

Antiretroviral treatment reduces the amount of HIV in the blood. Having an undetectable viral load means HIV cannot be transmitted through sex, even if condoms or other methods of prevention are not used. This is known as “Undetectable = Untransmittable”, or U=U.

This is good news and means people with HIV can enjoy a fuller sex life and even have children naturally. In addition, **when it is the woman who has HIV, antiretroviral treatment and prenatal monitoring dramatically reduce the risk of the baby being born with HIV**.



Feeding with formula milk

U=U, however, does not apply to breastfeeding as there is **still a risk of transmission** of the virus through the mother's milk. In countries with access to clean water, some mothers therefore choose formula milk in the infant feeding period.

Feeding with formula milk instead of breastfeeding is a way to safeguard the baby's health. A mother is no worse a mother because she does not breastfeed.

In Spain, mothers with HIV are provided with formula milk for free. For further information on how to obtain it, ask at the hospital where your child was born, or where you are receiving HIV care. You may also ask at social services (see the InfoVIHtal fact sheet for further information on social services).



03

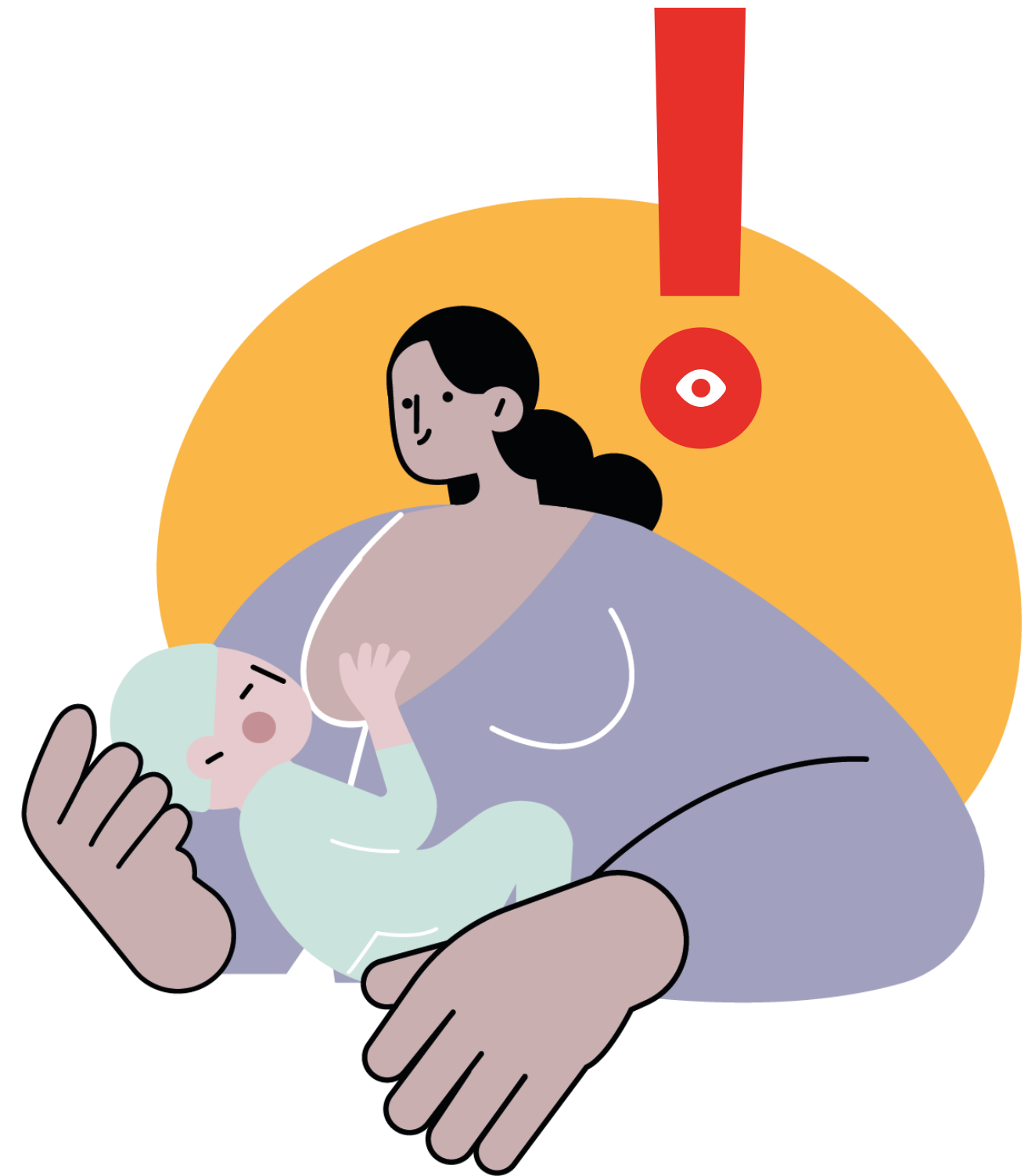
Are you thinking about breastfeeding?

Breastfeeding has advantages for both mother and baby. In countries with good health cover such as Spain, experience suggests this can be a safe option if you are receiving proper clinical support.

If you think it is important to breastfeed your baby, talk to your healthcare team first to minimise the risks. **Your wishes matter.**

If you decide to feed your baby with your own milk, make sure also that:

- you are taking HIV treatment and **have an undetectable viral load**,
- you and your baby **do not have any stomach problems** (diarrhoea or vomiting), and
- **you have no breast injuries or infections** (cracked nipples, bleeding nipples, breast inflammation, thrush or other infection).



04

Key points

The risk of HIV transmission to the baby is zero when using formula milk. This is recommended in Spain.

There are programmes that offer free formula milk for the babies of mothers with HIV.

The mother's wishes matter. Breastfeeding can be a safe option with proper clinical support.





Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios.

La información médica puede quedar desactualizada con rapidez. Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

SUBVENCIONA



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