



# IF YOU ARE PREGNANT OR THINK YOU MAY BE PREGNANT, YOU NEED TO KNOW ABOUT HIV.

You need to take care of yourself and get regular medical checkups for your health and your baby's health. Your health care provider will ask you questions and check you for conditions that can harm you and your baby. As part of your routine care, you should have a confidential or anonymous HIV test.

## WHAT IS HIV?

- ◆ Human Immunodeficiency Virus (HIV) is a disease that weakens the immune system, making it hard for the body to fight infections.

## HAVE YOU RECENTLY HAD AN HIV TEST?

- ◆ For your health and your baby's, you should know if you're infected with HIV - the virus that causes AIDS. If you are infected, there are things you can do to protect your baby and help yourself.
- ◆ A physician is required by law to perform a confidential HIV test on every pregnant woman in Texas at the first pre-natal care visit and at delivery **unless you refuse. You may refuse the test, but there are benefits to knowing your HIV status.**
- ◆ If you refuse testing, your health care provider will let you know about where to get an anonymous test done.
- ◆ A "**confidential test**" means information about the test results will be written in your medical record. An "**anonymous test**" means your real name won't be used and the test results won't be written in your medical record. No one will know your test results unless you tell them.

## HOW WILL A TEST HELP ME?

- ◆ If you are infected with HIV, there are medicines that may prevent your baby from becoming infected and help you stay healthier. You will need to start taking the medicine early in your pregnancy.

## HOW WILL A TEST HELP MY BABY?

- ◆ The test will help your baby by alerting you to the need for treatment. If you have HIV, you might give it to your baby during pregnancy, at delivery, or by breastfeeding. Without treatment, about one out of every four babies born to HIV-infected mothers are born with HIV.
- ◆ Doctors have learned that if you are infected with HIV, the drug AZT can greatly reduce your chances of giving HIV to your baby. You may want to discuss this treatment with your health care provider.

## WHERE CAN I GET MEDICAL HELP?

- ◆ Private doctor's office
- ◆ Local health department
- ◆ Texas Department of Health Regional Clinics
- ◆ Community health clinics

## HOW CAN I AVOID HIV INFECTION?

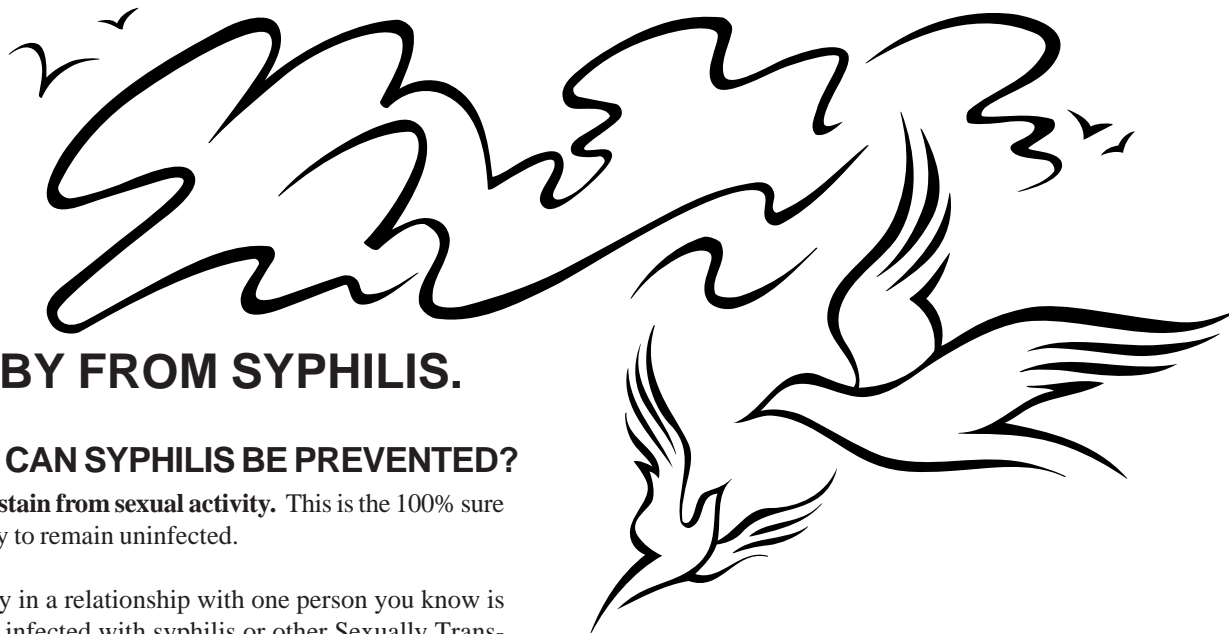
- ◆ **Abstain from sexual activity.** This is the 100% sure way to remain uninfected.
- ◆ **Stay in a relationship** with one person you know is not infected with HIV or other Sexually Transmitted Diseases and who you know does not share needles or have sexual intercourse with others.
- ◆ **Use latex condoms** every time you have sexual intercourse unless you are sure your sex partner is not infected. Condoms are not just for preventing pregnancy. When used correctly, condoms can help prevent diseases like HIV and other Sexually Transmitted Diseases.
- ◆ **Drugs and alcohol can hurt you and your unborn baby.** If you use drugs, ask about treatment programs to help you stop. If you can't stop, do not share needles or syringes. Be sure to clean needles with water and bleach between uses.

## OTHER SOURCES OF HELP

Call the **Texas HIV/STD InfoLine at 1-800-299-AIDS**, to find out about HIV testing and medical services in your area.

Call the **Baby Love Hotline at 1-800-422-2956** to receive a referral for medical care for you and your baby. Your local community may also have an AIDS information line.





## PREGNANT? PROTECT YOUR BABY FROM SYPHILIS.

### WHAT IS SYPHILIS?

Syphilis is a disease that is passed by having unprotected sex with someone who has the disease. Syphilis enters the bloodstream and infects the entire body. As it advances, syphilis can cause blindness, insanity, crippling, and death.

### WHAT IS CONGENITAL SYPHILIS?

A mother infected with syphilis can pass the disease to her baby before birth. If the baby gets the disease this way, it is called congenital syphilis. Pregnant women should be tested for syphilis early and late in the pregnancy to detect and get treatment for infection.

### WHAT ARE THE RISKS OF CONGENITAL SYPHILIS?

A baby born with congenital syphilis may be blind, deaf, mentally retarded, born with bone deformities, and/or still-born.

### CAN SYPHILIS BE CURED?

- ◆ **YES!** If the infection is caught early, the mother and her baby can receive treatment at the same time.
- ◆ See a health care provider **immediately** if you think that you have syphilis or another Sexually Transmitted Disease, if you have sex with someone you think may have a Sexually Transmitted Disease, or if someone you have had sex with tells you that they have a Sexually Transmitted Disease.

### HOW CAN SYPHILIS BE PREVENTED?

- ◆ **Abstain from sexual activity.** This is the 100% sure way to remain uninfected.
- ◆ Stay in a relationship with one person you know is not infected with syphilis or other Sexually Transmitted Diseases.
- ◆ Use a latex condom every time you have sex unless you are sure your sex partner is not infected with syphilis.
- ◆ See a health care provider as soon as possible if you think you are pregnant, and continue going to the doctor regularly until the baby has been born.
- ◆ See a health care provider if you notice unusual rashes or sores on your body.
- ◆ If you have been told that you have or have been exposed to syphilis or another Sexually Transmitted Disease, you should receive treatment immediately.
- ◆ If you are pregnant, you should be tested early and late in the pregnancy to detect and get treatment for infection.

### WHERE CAN HELP BE FOUND?

Private doctor's office  
Local health department  
Texas Department of Health Regional Clinics



TEXAS DEPARTMENT OF HEALTH  
BUREAU OF HIV AND STD PREVENTION

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Stock number 4-206/Revised 10/96*

