

SoulCity
It's Real

HIV-free babies

ENGLISH



PMTCT: Prevention of mother-to-child transmission



Soul City Institute NPC supported by:



MTN Foundation

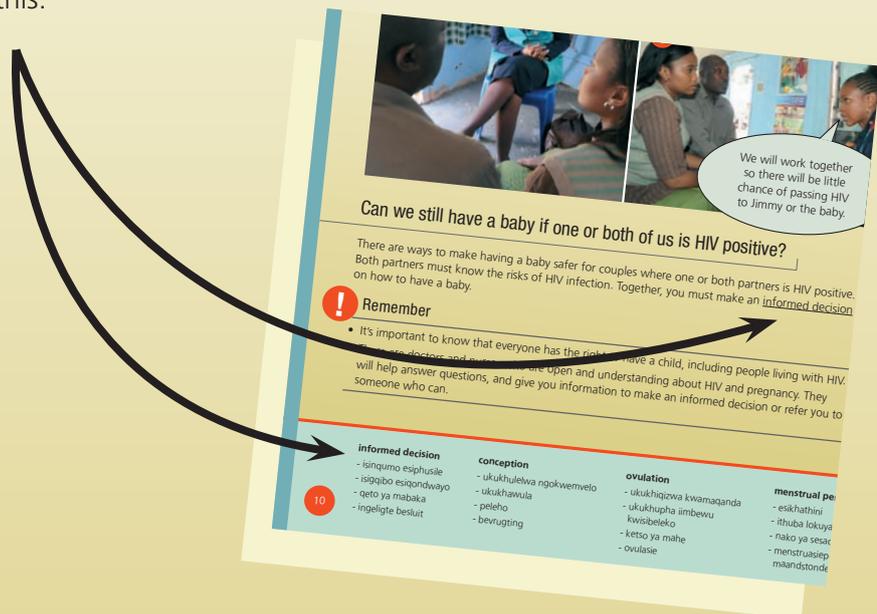


How to use this book

Having a baby and being pregnant can be a happy but challenging time. It can be hard to know how to look after yourself to make sure your pregnancy is healthy, especially if you are HIV positive. Everybody wants the best for their baby. This book is for everyone who is pregnant or thinking of having a baby. It has information to help make your pregnancy healthier, and information about prevention of mother-to-child transmission (PMTCT).

This book gives important information on how to make sure your baby does not get HIV. But you must go to a clinic to get more information about PMTCT. This is the best thing you can do for you and your baby.

If English is not your first language, we have translated some difficult words into Zulu, Xhosa, Sotho and Afrikaans. These words are underlined>. Look out for their translations on the side and bottom of the page, like this:



To help you get the most out of this book, there is information in special boxes like these:



Did you know?

A man who drinks lots of alcohol makes less sperm. He will find it difficult to get his partner pregnant.



Remember

As a woman, it is your right to choose when to have a baby and how many children you have. You can also choose **not** to have a baby.

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Are you ready for a baby?

Most people want a baby at some time in their lives. Having a baby is a big responsibility. Answer the following questions with your partner to find out if you are ready for a baby.

1 Can we afford a child?

- A baby might not cost much in the beginning, but older children need clothes, transport, schooling and many other things.
- What will it cost to buy food, clothes and send a 7-year-old child to school in your community? Work out these costs. If you can't afford it now, start saving so you can afford a child in the future.
- You can get a child grant if you need help to support your baby. But remember a child grant will not pay for everything a child needs.

responsibility

- umthwalo
- luxanduva
- boikarabelo
- verantwoordelijkheid

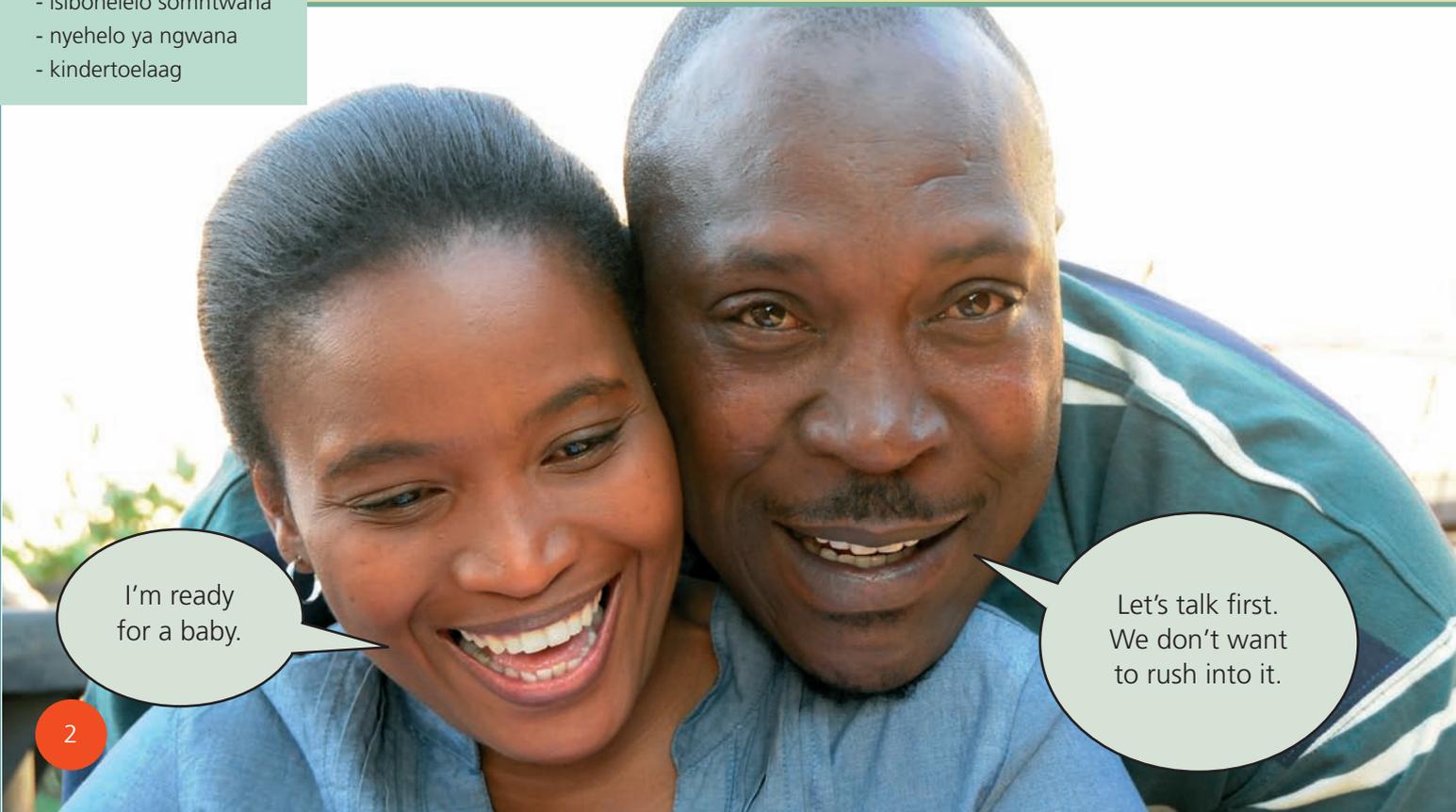
child grant

- isibonelelo sengane
- isibonelelo somntwana
- nyehelo ya ngwana
- kindertoelaag



Remember

As a woman, it is your right to choose when to have a baby and how many children you have. You can also choose **not** to have a baby. You and your partner must make decisions together, even if your family and friends pressure you to have a baby.



I'm ready for a baby.

Let's talk first. We don't want to rush into it.

2 What stage of life are we in?

Having a baby is special, but both of you must be ready.

- How will a baby change your life?
- Have you studied and got the job you want?
- Do you have a place to stay? Is there space for a baby?
- Who will look after your baby when you go to work?

Looking after a baby takes a lot of time and energy. Couples must share the responsibilities of having a baby.



3 Is our relationship strong?

Pregnancy and having a baby can put a strain on a relationship. It's easier if you have a strong relationship. It's never too late to improve your relationship. Talk about the future, because having a child together is a commitment to each other and to the child.

Children need both their parents. Other adults (like grandparents) can help to bring up children, but if you plan when to have children, you can spend more time with them.

4 Are our bodies ready?

To have a healthy baby you must be healthy, at the right age, and know your HIV status.

- It is safest for women to give birth between 18 and 35 years. It is dangerous for you and the baby if you are too young.
- If you already have a baby, wait 2 years before you have another one.
- A pregnant woman needs exercise, a good diet with lots of fruit and vegetables. She also needs to be a healthy weight.
- Drinking alcohol, smoking or taking drugs while you are pregnant can **harm your baby very badly**. It's better to stop in case you become pregnant. The worst damage to the baby happens in the first 8 weeks, which is often before you find out you are pregnant.

? Did you know?

- A man who drinks lots of alcohol makes less sperm. He will find it difficult to get his partner pregnant.
- Overweight women find it harder to get pregnant, and to lose weight after the baby is born.

! Remember

People with disabilities have the right to marry, have children and use government services. If you have a disability, speak to your health worker or social worker about HIV prevention, pregnancy and getting support.

energy

- amandla
- amandla
- matla
- energie

strain

- ingcindezi
- ubunzima
- boima
- las/spanning

commitment

- ukuzibophezela
- ukuzinikezela
- boitlamo
- verpligting

sperm

- isidoda
- isidoda
- peo ya monna
- sperms

overweight

- ukukhuluphala ngokweqile
- ubunzima obugqithisileyo
- nonneng
- oorgewig

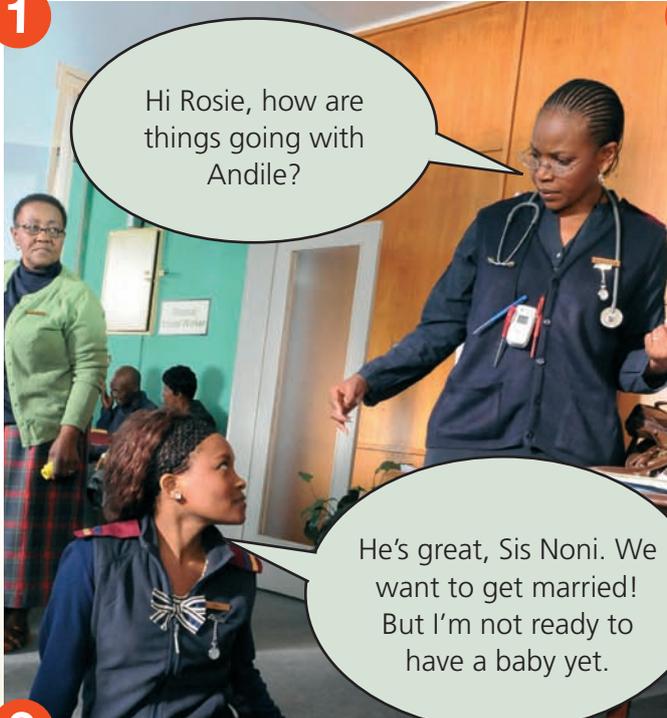
disabilities

- abanokukhubazeka
- abaneziphene zomzimba
- kgolofalo
- gestremdhede

Are you ready for a baby?

Rosie's story

1



Hi Rosie, how are things going with Andile?

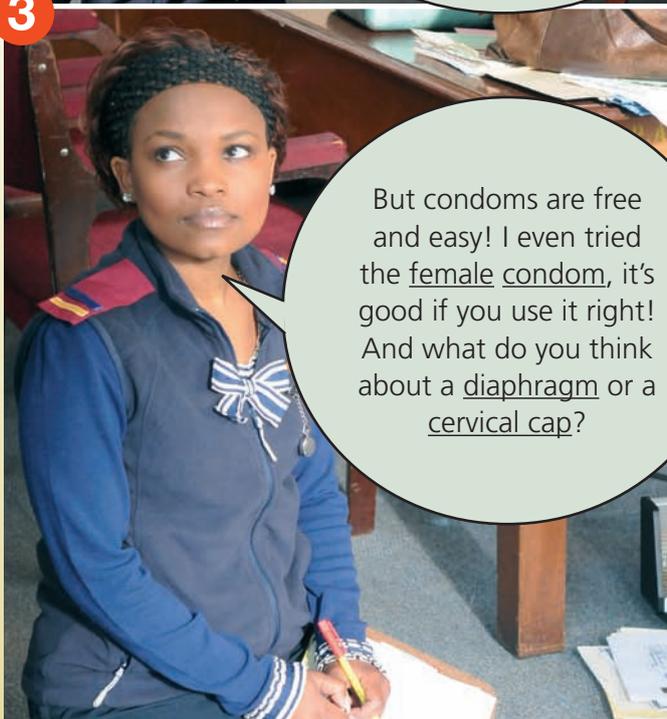
He's great, Sis Noni. We want to get married! But I'm not ready to have a baby yet.

2



Then you must use contraception. Are you on the pill? It's just one a day. Or you can have an injection once a month or every 3 months.

3



But condoms are free and easy! I even tried the female condom, it's good if you use it right! And what do you think about a diaphragm or a cervical cap?

4



These work for stopping a pregnancy, but you must still use condoms. Condoms protect **you** from pregnancy, and **both** of you from HIV and STIs. Have you both been tested for HIV yet?

Yes.

4

contraception

- okokuvimbela inzalo
- uthintelo lwenzala
- thieblo ya pelehi
- geboortebeperving

female condom

- ikhondomu yabesifazane
- ikhondom yabasetyhini
- khondomo ya basadi
- vrouekondoom

diaphragm

- idayaframu
- idayafram
- letswalo
- diafragma

cervical cap

- isivalo sentamo yesizalo
- i-cervical cap
- katiba ya botona
- servikale kappie

STIs

- izifo zocansi
- iiSTI
- STIs
- SOI's

Malusi and I don't want more kids! He can have a vasectomy or I can have an operation. We need to decide.

5



6

My friend thinks she can tell 'safe' days in her cycle. But she just got pregnant, so that doesn't work!



7

It's important to choose which contraceptive to use and to use it properly – with condoms – all the time!



Remember

You have the right to choose what kind of contraception you use. Health workers and family planning clinics will keep this information confidential, even if you are under the age of 18.



Did you know?

If you are raped and become pregnant, or you become pregnant by accident, you still have choices. In South Africa you can have a safe, legal, medical abortion until week 20 of your pregnancy. Speak to your health worker as soon as possible if you are in this situation. They could also help you with adoption.

vasectomy

- ukuvala inzalo kowesilisa
- utyando lwendoda lokuphelisa inzala
- vasectomy
- vasektomie

contraceptive

- izinto zokuhlela
- izicwangciszala/ izithinteli zokukhulelwa
- dithibelapelehi
- voorbehoedmiddel

confidential

- luyimfihlo
- lihlebo
- ya sephiri
- vertroulik

abortion

- ukukhipha isisu
- ukuqhomfa
- ho ntsha mpa
- aborsie

adoption

- ukuthola ingane
- ukwamkela njengomntwana wakho
- kamohelo ya ngwana
- aanneming

Are you ready for a baby?



It is important for everyone to plan when to have a baby. But if you are HIV positive, there are more things you need to think about.

What if I'm not ready to get pregnant?

- You can choose when to have a baby and how many children to have. This is called family planning.
- You can plan your family by using different types of contraception or birth control.
- It doesn't matter if you are HIV positive or not.

Do you both know your HIV status?

You and your partner both need to know your HIV status before you have unprotected sex to get pregnant. Read more about HIV testing and counselling on pages 8–9.

family planning

- ukuhlela umndeni
- ucwangciso losapho
- thero ya lelapa
- gesinsbeplanning

Prevention of mother-to-child transmission (PMTCT)



HIV positive and thinking of having a baby?

You and your partner have the right to have a child even if you are HIV positive.

- Are you on anti-retroviral treatment (ART)? Some types of ART can harm an unborn baby. Talk to your health worker before you get pregnant. They may need to change your medicine.

What if I'm pregnant and have HIV?

The unborn baby of an HIV-positive mother can get HIV from the mother's blood through the placenta. HIV can also be passed through breast milk when a baby feeds.

- In South Africa there is a health programme called PMTCT. This stands for prevention of mother-to-child transmission. PMTCT is free.
- Your baby might not get HIV, even if you and your partner are positive – but you must use PMTCT.
- You must begin PMTCT in the first 3 months of your pregnancy.

? Did you know?

The South African government has promised to make services and information available so that 99% of children born in South Africa do not get HIV. Go for PMTCT services when your health worker asks you to.

! Remember

Do you know other pregnant women in your family and community? Share what you learn about PMTCT. Make sure their child is born HIV free.

placenta

- iplasenta
- umkhaya
- mohlamu
- plasenta

Know your HIV status

If you want to have a baby, you need to know your HIV status. Get tested with your partner for HIV. It's a good way to bond and prepare for your new life as a family. Before you are tested, you will get counselling to help you think about how you would deal with a positive result.

Why have an HIV test?

- A woman who is HIV positive can pass the HIV virus to her baby while she is pregnant, during labour or when she breastfeeds.
- A man who is HIV positive can pass it to his partner and their baby while she is pregnant.
- If you get HIV while you are pregnant, the risk of passing it to your baby is very high.

Remember

Being married doesn't protect you from getting HIV unless:

- you both tested negative for HIV before you got married;
- you only have sex with each other after you get married.

HIV status

- isimo segciwane lesandulela
- imo ye-HIV
- boemo ba HIV
- MIV-status

bond

- ukubambana
- yokunxulumana
- kamano
- om bande te smee

counselling

- ukwelulekwa
- icebiso
- kgothatso
- berading



What happens once you get your results?

After an HIV test you will get more counselling.

If you are HIV positive:

- This means you have the HIV infection. Counselling will help you think about how to keep healthy.
- See a health worker regularly. He or she will tell you when to start treatment.

If you are HIV negative:

- You do not have the HIV infection. Counselling will help you think about how to stay negative.
- You must be tested again after 30 weeks of being pregnant. Even if you are not pregnant, get tested regularly.

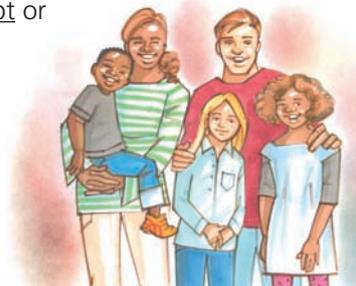
If you are both HIV positive, you can still re-infect each other. Always use condoms when you're not trying for a baby.



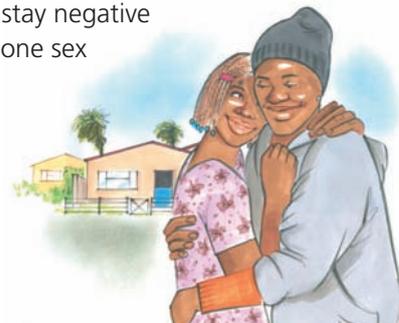
If one of you is positive and one is negative, you are a sero-discordant couple. You can have a baby, but you must plan carefully. If you are on PMTCT, you can have a baby who is born negative.



If one or both of you is positive, there are other ways to have children. You can adopt or foster a child. There are also other ways to safely have a baby. Read page 11.



If you are both negative, make sure you stay negative by only having one sex partner.



Remember

If you are pregnant and HIV positive, go to a clinic early in the first 3 months of pregnancy. If you are part of a PMTCT programme and take ART, you reduce the risk of your baby being born with HIV.



Remember

Always use a condom if you don't know your status, or if you or your partner has sex with other people. Even if you trust your partner, get tested together regularly.

regularly

- njalo
- rhoqo
- kamehla
- gereeld

re-infect

- ukuthelana ngokwedlulele
- nisulelane kwakhona
- tshwaetsa hape
- herinfekteer

adopt

- thola
- ukwamkela njengowakho
- amohela
- aanneem

foster

- khulisa
- ukukhulisa
- laela
- verskaf pleegsorg

HIV and having a baby

1

We want to have a baby.



2

... but I am worried I will give Jimmy HIV.



3

We will work together so there will be little chance of passing HIV to Jimmy or the baby.



Can we still have a baby if one or both of us is HIV positive?

There are ways to make having a baby safer for couples where one or both partners is HIV positive. Both partners must know the risks of HIV infection. Together, you must make an informed decision on how to have a baby.

Remember

- It's important to know that everyone has the right to have a child, including people living with HIV.
- There are doctors and nurses who are open and understanding about HIV and pregnancy. They will help answer questions, and give you information to make an informed decision or refer you to someone who can.

informed decision

- isinqumo esiphusile
- isigqibo esiqondwayo
- qeto ya mabaka
- ingeligte besluit

conception

- ukukhulelwa ngokwemvelo
- ukukhawula
- peleho
- bevrugting

ovulation

- ukukhiqizwa kwamaqanda
- ukukhupha iimbewu kwisibekeko
- ketso ya mahe
- ovulasie

menstrual period

- esikhathini
- ithuba lokuya exesheni
- nako ya sesadi
- menstruasieperiode/ maandstonde

Safe ways to get pregnant

Natural conception

This means having unprotected sex to fall pregnant. If you choose this way, there is a chance that HIV can be passed on.

There are some ways to make natural conception safer:

1. **Take ART.** This reduces the amount of HIV in the body. There will be less chance of passing the virus to a partner or a baby.
2. **Have unprotected sex as few times as possible.** This will lower the risk of passing the virus on.
3. **Have sex at the right time.** The best time to conceive is around the time of ovulation. This usually happens 14 days after the first day of your menstrual period.
4. **Test regularly.** If you have unprotected sex and one of you is negative, the negative partner needs to get tested regularly to know his or her status.

Other ways to get pregnant

1. **Self-insemination.** If the woman is HIV positive, the couple can collect sperm in a clean container, and put it in the woman's vagina. This is called self-insemination. The man must be HIV negative.
2. **Use a sperm donor.** If the man is positive, use HIV-negative sperm donations from an accredited sperm donor facility.
3. **Sperm washing.** This means the HIV virus is removed from the sperm. The HIV-negative sperm is then put into the woman's body. Sperm washing is very expensive and not many health facilities do it.



Remember

If one of you is HIV positive and one is HIV negative, speak to your doctor **before** you start trying to have a baby.

self-insemination

- ukuzifaka isidoda
- ukuzifaka isidoda
- boikentelo ka peo
- selfinseminasie

sperm donor

- umnikeli ngesidoda
- umnikeli wesidoda
- mofani wa peo
- spermskenker

accredited

- oqinisekisiwe
- esivunyiweyo
- ananetsweng
- geakkrediteerde

sperm washing

- ukugezwa kwesidoda
- ukucoca isidoda
- ho hlatswa peo
- spermwasproses

Keeping healthy during pregnancy

Get the right health care

- If you think you might be pregnant, go to the clinic as soon as possible. They will do a test so you know for sure.
- If you are pregnant, you need antenatal care. This is special health care for you and the baby. Go within 14 weeks after your last menstrual period.
- If you are HIV positive, you will get extra care. Read more about this on pages 20–21.
- Go back to the clinic when the health worker tells you. This is usually once a month until you give birth.

What happens when I go to the clinic?

1. Your personal history

- We ask your age, how many pregnancies you've had, and everything about your health. This helps us give you and your baby good health care.

2. Blood tests

- We test for HIV if you don't know your status. This is important to know.
- We test for HIV again when you come back for one of your last visits towards the end of your pregnancy.
- We also test for anaemia, blood type and syphilis. Syphilis is an STI that can harm your baby.

3. Physical examination

- We feel your stomach and pelvis from the outside to see how your uterus is growing.
- We also feel inside the vagina to check the opening of the cervix.

4. Blood pressure test

- We check your blood pressure. If it is high it can be dangerous for you and your baby.

5. Urine test

- We test your urine to see if you have diabetes.
- We also test to see if you have any other infections.

antenatal care

- ukunakekelwa ungakabelethi
- inkathalelo yaphambi kokubeleka
- tlhokomelo ya lesea
- voorgeboortelike sorg

anaemia

- i-animiya
- i-anemiya
- anaemia
- bloedarmoede

syphilis

- ugcunsula
- igcushuwa
- mokaola / sefilise
- sifilis

pelvis

- inqulu
- amarhorho
- pelvis
- bekken

6. Weight

- We weigh you to make sure you put on the right amount of weight. Not too much and not too little. That is best for you and the baby.

7. Advice

- You can ask your health worker any questions you have about your pregnancy.



! DANGER SIGNS

Go to the clinic straight away if you:

- Bleed from the vagina
- Have bad headaches
- Vomit a lot
- Have a bad pain in the stomach
- Have a high fever
- Have very swollen legs
- Struggle to see properly
- Feel that the baby's kicking stops, is slower or less often than usual.

? Did you know?

Fathers must visit the clinic with the mother, if possible. Good fathers are involved in pregnancy, and are there when the baby is born. This is very special and can help all of you to bond.

? Did you know?

You can record how often your baby kicks every day, so you can tell if he or she is kicking less. Ask your health worker about a kick chart that can help you keep track of your baby's kicks.

uterus	cervix	blood pressure	urine	diabetes	swollen	kicking
- isizalo	- intamo yesizalo	- umfutho wegazi	- umchamo	- isifo sikashukela	- vuvukele	- ukukhahlela
- isibekeko	- umlomo	- uxinzelelo lwegazi	- umchamo	- isifo seswekile	- edumbileyo	- ukukhaba
- uterus	- wesibekeko	- kगतello ya madi	- moroto /	- lefu la tswekere	- ruruhileng	- ho raharaha
- baarmoeder	- cervix	- bloeddruk	- metsi	- suikersiekte	- geswelde	- geskop
	- baarmoedermond		- urine			

Keeping healthy during pregnancy

Tips for a healthy pregnancy

Do not:

- drink alcohol at all
- take any herbal or traditional medicines
- take medicines from the pharmacy unless your doctor knows
- smoke tobacco or marijuana
- take any illegal drugs

All pregnant women have the right to:

- get time off work to go to the doctor or clinic
- take maternity leave and to go back to their jobs after the baby is born
- ask questions to understand their pregnancy

You also have the right to:

- give birth safely in a clean hospital or clinic
- free health care for yourself and your baby
- information about birth control for after the baby is born



Don't be afraid to ask for help

- Ask your partner to help with cleaning, cooking and washing clothes.
- Fathers must make sure there is transport for visits to the clinic, and to the hospital when the baby comes.
- Family and friends can help. A neighbour can cook or look after the children while you buy food.

marijuana

- insangu
- imarijuana
- matekwane
- dagga

illegal drugs

- izidakamizwa ezingekho emthethweni
- iziyobisi ezingekho mthethweni
- dithethefatsi tse seng molaong
- onwettige dwelms

maternity leave

- ilivu yokuyobeletha
- ikhefu lokukhulelwa
- phomolo ya boimana
- swangerskapverlof

digestion

- ukugayeka kokudla
- umetyiso
- ho hlafuna
- spysvertering

discharge

- uketshezi
- incindi ephumayo
- lero
- afskeiding

Eat healthy food

- Eat lots of fruit and vegetables. They help your digestion and are full of vitamins.
- Eat starchy foods like brown bread, brown rice, pap and samp at most meals. These foods give you energy.
- Eat beans, lentils, soya mince, meat, chicken, fish, milk and eggs. These foods build your body and keep you strong.
- Use small amounts of fat, such as butter, oil, margarine, nuts and peanut butter.
- Drink lots of clean water.
- Use very little salt.

Get rest and exercise

Being pregnant puts a strain on your body. To keep healthy you should:

- Exercise to keep strong. Fast walking is good exercise.
- Get extra rest, especially in the last months of pregnancy.
- Sit with your feet up when you can.
- Go to bed early so you get at least 8 hours sleep.

Use condoms every time you have sex

- Sex can be very enjoyable when you are pregnant, but use a condom every time.
- It's easier for a woman to get an STI or HIV when she is pregnant. This could harm your baby.



Go to the clinic immediately if you have:

- discharge from your vagina (or your partner's penis)
- pain or burning when you pass urine
- sores or itching in your genital area
- pain in the lower part of the stomach
- painful swelling in the groin at the top of the legs.



Did you know?

Men must respect women if they say 'no' to sex. Avoid sex for the last month of your pregnancy, as it can bring on early labour.



Did you know?

You have the right to complain if you are treated badly at a clinic or hospital. See pages 40–41 for places to help you.

genital

- isitho sangasese
- yamalungu angasese
- ditho tsa bonna/sesadi
- geslagsdele

swelling

- ukuvuvukala
- ukudumba
- ruruhang
- swelsel

respect

- ukuhlonipha
- bahlonele
- hlompha
- respekt eer

labour

- ukubeletha
- ukubeleka
- pelehi
- kraam

Understanding PMTCT

Steps in PMTCT

There are different steps in PMTCT. If you are HIV positive, you need to follow the tips for a healthy pregnancy **and** go through the steps of PMTCT. Your health worker will take you through these steps.



Find out if you are HIV positive or negative.

Find out your CD4 count.

If your CD4 count is less than 350, you will start lifelong ART straight away. If it is more than 350, you will start AZT treatment by week 14 of your pregnancy.

When you are in labour, if you are on lifelong ART you keep taking your medicine. If you are on AZT, you will get other medicines.

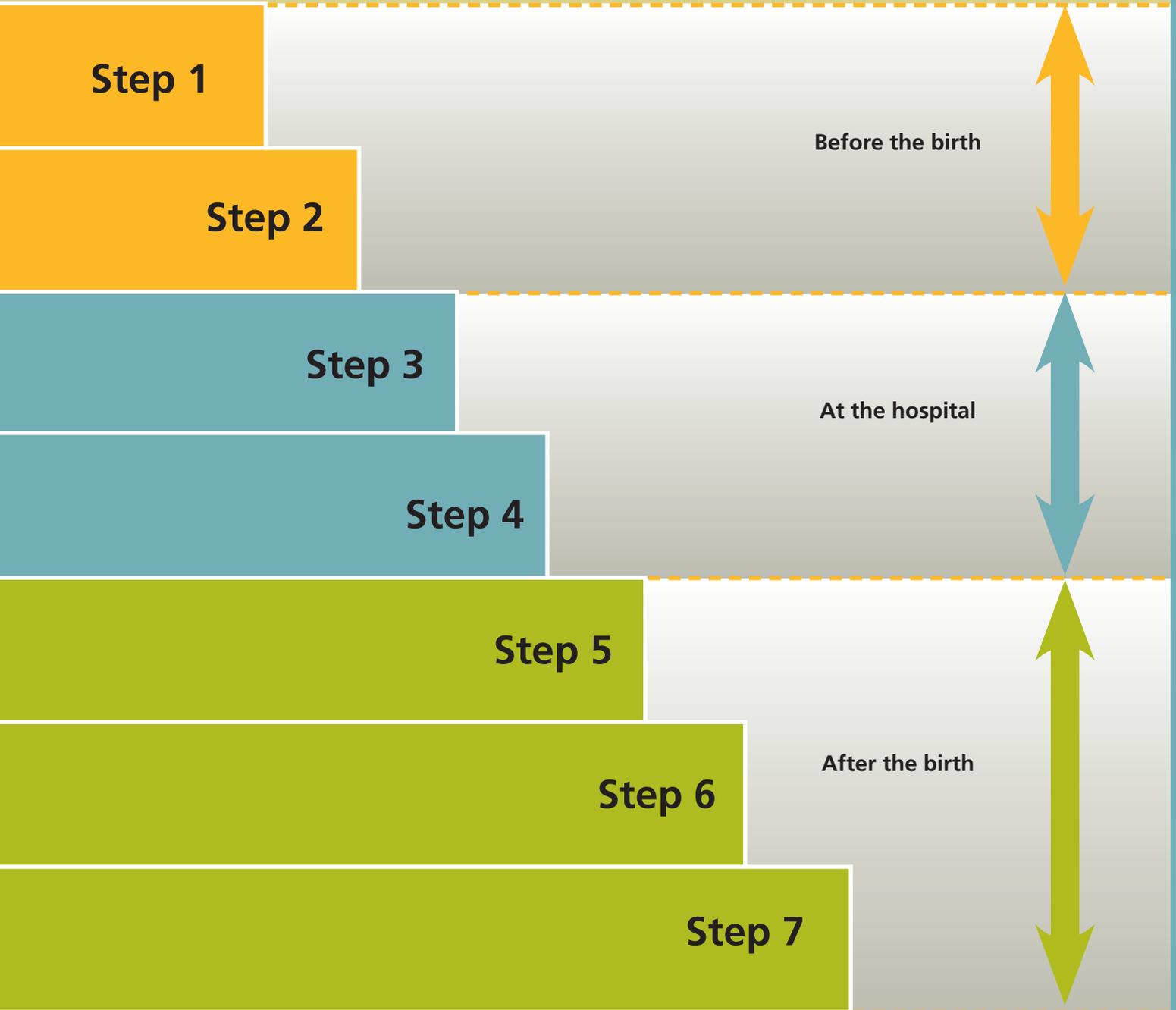
Your baby will get medicine to prevent HIV after birth.

Visit the clinic regularly after your baby is born. Your baby will be tested for HIV 6 weeks after birth. If your baby is positive, he or she will be given treatment immediately.

Give your baby breast milk only for the first 6 months. After 6 months you can feed other foods. Your baby will be tested for HIV again at 18 months.

What is a CD4 count?

CD4 cells keep your body healthy. Your health worker will test your blood for CD4 cells to see how strong your immune system is. A count of 350 or more means your immune system is strong. If it is less, your immune system is getting weak.





ashamed

- amahloni
- ukuba neentloni
- swaba
- skaam

AIDS-related illness

- isifo esihlobene nengculaza
- ukugula okunxulumene neAIDS
- mafu a amanang le AIDS
- Vigsverwante siekte

support group

- iqembu lokweseka
- iqela lenxaso
- sehlopha sa tshetsetso
- ondersteuningsgroep

Get the most out of PMTCT

- Go to all your follow-up visits. Get your partner or family to help you with transport. Speak to your employer to get time off to go to the clinic.
- Take any medicine that your health worker gives you.
- Health workers are trained to give you and your baby the right medicines. Don't feel ashamed to ask questions.
- If you are on lifelong ART, take your medicine correctly **every day**.

? Did you know?

An HIV-positive mother is more likely to pass on the virus if she is sick with an AIDS-related illness while she is pregnant. This is why it's important to take your medicine correctly so you stay healthy. If you find it difficult to take your medicine, talk to your health worker or join a support group in your area.

Common questions



What medicine will I get for PMTCT?

If you are on AZT:

- You will be given tenofovir, emtricitabine and nevirapine during labour.
- You will also get more AZT.
- Your baby will get nevirapine as soon as he or she is born.

If you are on lifelong ART:

- Carry on taking your medicine while you are in labour and afterwards.
- Your baby will get nevirapine as soon as he or she is born.
- You must keep taking your ART for the rest of your life.

Fathers and PMTCT

PMTCT is called prevention of **mother**-to-child transmission, but **fathers** need to be involved too. Fathers who care will:

- get tested with their partner
- go to the clinic and learn about the pregnancy
- use condoms if they are positive
- support their partner in decisions made together, even if their families don't agree with them
- help their partner during the birth
- help take care of the baby

We're pregnant! What now?

BUSI'S STORY

At home

Thabo, I just found out I have HIV. But our baby can still be negative with PMTCT. They did tests for my CD4 count and TB. You must get tested too.



Later at the clinic

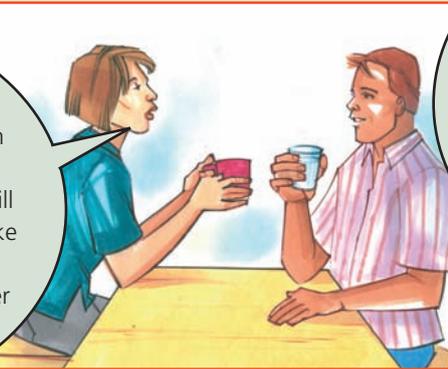


Busi, you don't have TB and your CD4 count is over 350. At 12 weeks you will get AZT for your pregnancy. If your CD4 count goes under 350, we will start ART. Thabo, it's great you are here to get tested.

SINDI'S STORY

At home

I have been on ART a long time. When I told Sister I am pregnant, she said I must change to a new ART that will not harm our baby. I must take it for my whole pregnancy, while I am in labour and after the baby is born.



Later at the clinic

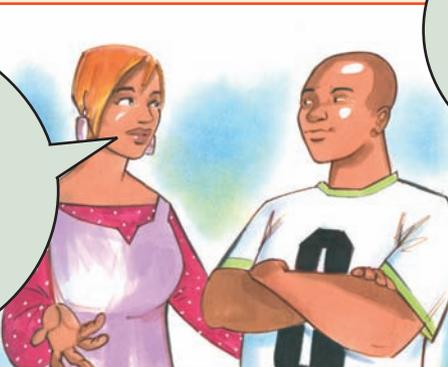
Well done, Sindi, for taking your ART correctly. Stick to the PMTCT programme and your baby will almost certainly not have HIV.



SARESHA'S STORY

At home

I'm HIV negative, but Sister said I can still get HIV and pass it to the baby. We must always use condoms, and we must get tested again close to the birth.



Later at the clinic

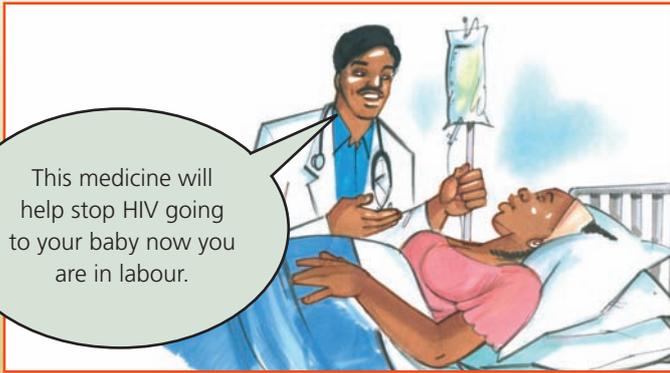
Saresha, you are still negative. But you need to talk to your boyfriend. If he is positive, he could pass HIV to you and the baby.





It is very important to go to the clinic early in pregnancy for HIV testing and PMTCT if necessary. At the clinic Sister Luleka talks to Busi, Sindi and Saresha.

At the hospital
in labour



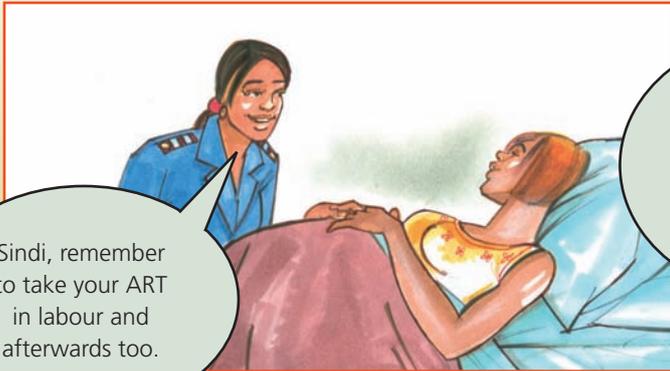
This medicine will help stop HIV going to your baby now you are in labour.

After the birth



Congratulations! A healthy baby boy. You have done the first steps to prevent HIV in your baby.

At the hospital
in labour



Sindi, remember to take your ART in labour and afterwards too.

After the birth



Well done! A healthy baby girl! The ART may protect her from the HIV virus. We will keep checking.

At the hospital
in labour



Hi Saresha, I am so relieved to hear that Peter tested negative.

After the birth



Wonderful – a baby girl. It's good you have put your baby straight onto the breast. I am glad you both know your status. But get tested regularly.

Breastfeeding your baby



You can breastfeed or formula feed your baby (read about formula feeding on pages 28–29). If you are HIV positive, it is important to know that it is still best to breastfeed your baby .

Breast is best

- Breastfeeding is natural and will help your baby grow.
- It is free, clean, and takes no time to prepare.
- It protects your baby from getting sick.
- It helps you bond with your baby.

What is exclusive breastfeeding?

- Exclusive breastfeeding means only giving your baby breast milk. You must **not** give him or her any other foods, water or formula.
- Exclusive breastfeeding for the first 6 months is the best way to feed **all** babies.

formula

- ifomula
- ifomula
- phepo ya fomula
- formule-/bottelmelk

bond

- ubudlelwane
- unxulumano
- kamano
- om noue bande te smee

exclusive

- kuphela
- okukodwa
- Ikgethileng
- alleenlik/eksklusief

What if I have HIV?

HIV is in breast milk and can pass to the baby when he or she feeds. Your baby is not likely to get HIV if you:

- are on ART
- give your baby PMTCT medicines
- breastfeed your baby exclusively for 6 months
- introduce solids at 6 months
- continue mixed feeding and daily infant nevirapine prophylaxis from 6 months to 1 year
- stop feeding gradually at 1 year.



Mother giving her baby infant nevirapine with a syringe



Remember

Exclusive breastfeeding is best for your baby for the first 6 months. If your baby has tested HIV positive, your breast milk will help stop him or her from getting sick.

You can give HIV to your baby if you get infected while you are breastfeeding. Always use condoms for sex when you are breastfeeding. Get an HIV test when you take the baby for a check-up.

Tips to keep your baby HIV negative when feeding

- **Breastfeed only.** Do not give your baby other foods for the first 6 months. These make tiny sores in your baby's stomach that make it easy for HIV to get into the body.
- **Take your ART while breastfeeding.** If you are on lifelong ART, keep taking your medicine while you are breastfeeding.
- **Give your baby medicine.** Your baby needs a medicine called nevirapine every day when you breastfeed. Get this from your health worker.
 - If you are on lifelong ART, nevirapine can stop when your baby is 6 weeks old.
 - If you aren't on lifelong ART, your baby needs nevirapine until 1 week after you stop breastfeeding.
- **Wean your baby slowly over 1 month.** If you are HIV positive, keep giving your baby daily nevirapine for 1 week after you stop feeding.
- **Don't mix breast milk and other foods.** When you stop breastfeeding, don't start again.

exclusively

- kuphela
- kuphela
- ka ho ikgetha
- eksklusief

sores

- izilonda
- izilonda
- diso
- seertjies

wean

- khipha ebeleni
- lumla
- kgwesa
- speen

Breastfeeding your baby

Sis Noni, my breasts are sore. My baby is hungry and I don't know what to do.

Don't give up. Breast milk is the best food for your baby in the first 6 months.

Breastfeeding is worth the effort

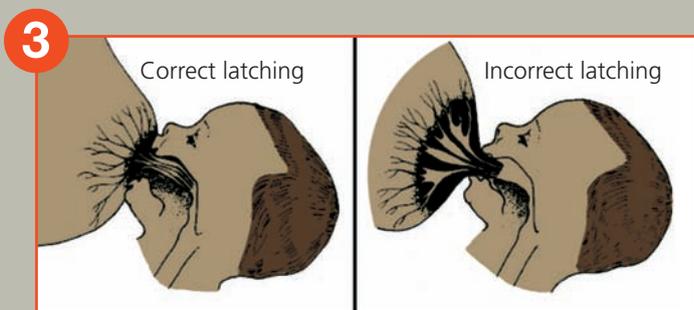
- Most mothers can breastfeed successfully with support from family and health workers.
- Make sure your baby latches properly from the beginning. This will help you and your baby enjoy breastfeeding.
- Make feeding times restful for yourself.
- Ask your family and friends for support.



1 Get comfortable so your baby can drink easily.



2 Loosen your clothing and hold your baby very close.



3 Make sure your baby takes a large mouthful of the breast, not only the nipple. This will help stop your nipples from getting sore.

The baby will come off the breast when he or she has had enough milk. Your baby may stop sucking and then start again. Do not worry, this is normal.

latches
- faka ingono emlonyeni
- lubamba ingono
- o ja hantle
- sit tepel reg in baba se mond

Look after yourself and your baby. Here are some things you can do:

- **Visit your clinic regularly.** Ask the nurses any questions you have on breastfeeding.
- **Eat healthy food.** The nutrients in your food go to your baby in your breast milk.
- **Get lots of rest.** Sleep when your baby sleeps. Ask your partner and family to help so you can sleep when you need to. Even if you don't sleep, lie down or sit comfortably so you can rest.

What if I go back to work?

- Breastfeed in the morning, before you go to work.
- Express your milk. This means to press the milk out of your breasts. You can do this by hand or with a pump. Make sure your baby has enough milk for the whole day.
- Breastfeed when you get home, and when your baby wakes at night.
- Ask your employer for time off to express. Keep the milk in a fridge or cooler bag and then take it home at night.
- Get together with other mothers and ask your employer to start a crèche at work, or find one near your work.
- Get your partner, family and friends to help you with chores so you have time to express.

Is my baby getting enough milk?

- If your baby cries a lot, it does not mean you do not have enough milk. Babies cry for many reasons.
- Check if you have enough milk by weighing your baby at the clinic. Your baby should be putting on weight.
- Your baby should wet 6 nappies or more every day.
- If your baby is not putting on weight, the nurse at the clinic will be able to help you.



Remember

Your baby's father might feel less involved because he can't breastfeed. But there are other ways he can help you. He could take care of your other children, or cook and clean so you can rest when you get a chance.

nutrients

- umsoco
- izakhi-mzimba
- diahammele
- voedingstowwe

express

- khama
- ukukhama/cudisa
- hlahisa
- melk jousef uit

crèche

- izinkulisa
- iikretshi
- dikiritjhe
- crèche

chores

- imisebenzana
- ngemisebenzi yekhaya
- ditlwaelo
- huishoutake

Breastfeeding your baby

Tips to help you breastfeed

- Feed when your baby is hungry.
- Give your breast to your baby when he or she cries. If your baby doesn't eat, it could mean he or she:
 - is too hot
 - is too cold
 - needs a clean nappy
 - is sick
- Feed your baby often during the day and night for as long as he or she wants in the first weeks.
- Latch your baby properly.
- After a few weeks you will both settle into more regular feeding.
- Drink lots of clean water and breastfeed often. Most mothers make enough milk for their baby.

Sis Noni answers your questions

Breastfeeding takes too much time, should I stop?

Women have many responsibilities. Breastfeeding takes time and effort, but do not stop. It is easy when you know how and it is best for your baby. Ask your partner and family to help make time for you to breastfeed.



latch

- faka ingono emlonyeni
- faka ingono
- jesa
- baba moet tepel/bors behoorlik 'vat'

regular

- vamil
- rhoqo
- kamehla
- gereelde

responsibilities

- imisebenzi
- iimfanelo
- boikarabelo
- verantwoordelikhede

expose

- veza
- tyhila
- hlahisa
- stel bloot

Why are my breasts hard and sore?

- Almost every new mother has hard and sore breasts in the first few days of breastfeeding. This usually settles down in a few days.
- They may be too full of milk. This is not dangerous. They will go soft again after you feed.
- You can express your milk.
- You can soak a clean cloth in warm water and cover your breasts before you feed. After you have fed, soak the cloth in cold water and put it over your breasts.
- Cabbage leaves can help painful breasts. Put a leaf into each side of your bra after you have fed your baby. Keep it there until you feed again.



I have cracked nipples, should I stop breastfeeding?

- No, don't stop breastfeeding. Give your baby less milk but more often.
- Express a small amount of milk onto clean cotton wool or toilet paper. Wipe your nipple with this after each feed.
- Expose your nipples to the air to dry after feeding.



Must I stop breastfeeding if my baby gets sick?

- No, your breast milk will help your baby to get better.
- Try to breastfeed more often when your baby is sick.



Do you have more questions on breastfeeding? Speak to the health worker at your clinic or call Mothers2Mothers on 0800-MOTHERS (0800 668 4377) – tollfree.

Formula feeding your baby

What is formula?

Formula is milk powder that is mixed with water. Formula doesn't carry HIV, but it also doesn't have the goodness of breast milk. Formula can make a baby sick if it is not made and given correctly.



Did you know?

Health workers recommend that HIV-positive mothers breastfeed.



Choosing formula

- If you choose to use formula, you must never give breast milk to your baby.
- Stop giving your baby nevirapine every day when he or she is 6 weeks old.
- Dirty water will give your baby diarrhoea. Even water that looks clean can have germs in it. Many babies die from diarrhoea.
- Dirty bottles or cups can make your baby very sick.

formula

- ifomula
- ifomula
- fomula
- formulemelk

diarrhoea

- uhudo
- urhudo
- letshollo
- diarree

How to formula feed

- Boil some clean water. Cover the water and let it cool.
- Mix the right amount of formula and water in a sterilised cup. Follow the instructions on the tin. If you are not sure, ask your health worker.
- Sterilise all bottles, cups and spoons. Cups and spoons are easier to keep clean.

! Remember

- If you choose to breastfeed, you can **only** breastfeed.
- If you choose to formula feed, you can **only** formula feed.
- If you breastfeed **and** formula feed, there is more chance HIV will pass to your baby.

For the first 6 months



Breast only



Formula only



No mixed feeding



No solids

! Remember

Remember these things about formula feeding:

- Formula is very expensive. You must be able to afford it.
- You need clean tap water close to your house.
- You need electricity or gas to boil water.
- You have to wash and sterilise **all** feeding bottles, teats, cups and spoons properly every time you use them.
- You must give your baby only formula for the first 6 months. Then start to add solids.
- Make sure you go to the clinic if your baby gets sick.
- Babies can become sick and die if they do not get enough formula or the formula is too weak.



Do you still have questions about feeding your baby? Speak to the health worker at your clinic or call Mothers2Mothers on 0800-MOTHERS (0800 668 4377) – tollfree.

sterilised

- ngenamagciwane
- ebulewe iintsholongwane
- thibetsweng mahloko
- gesteriliseerde

What happens after the birth?

What happens after the birth if I have HIV?

- Your baby will get medicine called cotrimoxazole. This will stop the baby from getting sick in the early weeks of life. This medicine does not treat the HIV virus.
- Your baby must be vaccinated. Read more about this on pages 34–35.

3 days after birth

- You must see your health worker 3 days after your baby is born.
- The health workers will help you with feeding.

3 days

MARCH

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



An abandoned baby being cared for by health workers

vaccinated

- ukugonywa
- anikwe isitofu
- entilwe
- ingeënt

abandoned

- eshiywe yodwa
- lahliweyo
- lahlilweng
- verwaarloosde

6 weeks

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

6 weeks after birth

- You must take your baby for an important check-up at 6 weeks. Your health worker will check that you are feeding properly.
- If you are on lifelong ART, health workers will make sure you are taking your medicine.
- If you aren't on lifelong ART, they will test your CD4 count so they can tell you when to start treatment.
- Your baby will now be tested for HIV. The health worker will take some blood from your baby's foot. This is called a PCR test. It can take up to 6 weeks to get the results.

What if my baby is HIV positive?

If your baby tests positive for HIV at 6 weeks, he or she will start taking ART medicines straight away.

What if my baby is HIV negative?

If your baby does not have HIV, he or she will be tested again at 18 months to make sure.



Remember

The best thing you can do after having your baby is make sure you go for regular check-ups. Make sure you tell your health worker about any worries you have about yourself or your baby.



Did you know?

At your check-up, you can ask your health worker for a cervical cancer screening. This is also called a pap smear. It will tell if you have cancer of your cervix. The sooner you know, the sooner you can start treatment.

cervical cancer screening

- ukuhlungelwa umdlavuzwa wentamo yesibebeletho
- ukuhlola malunga nomhlaza womlomo wesibebeleko
- tlhahiso ya mofetshe wa botona/botshehadi
- servikalekankersifting

cervix

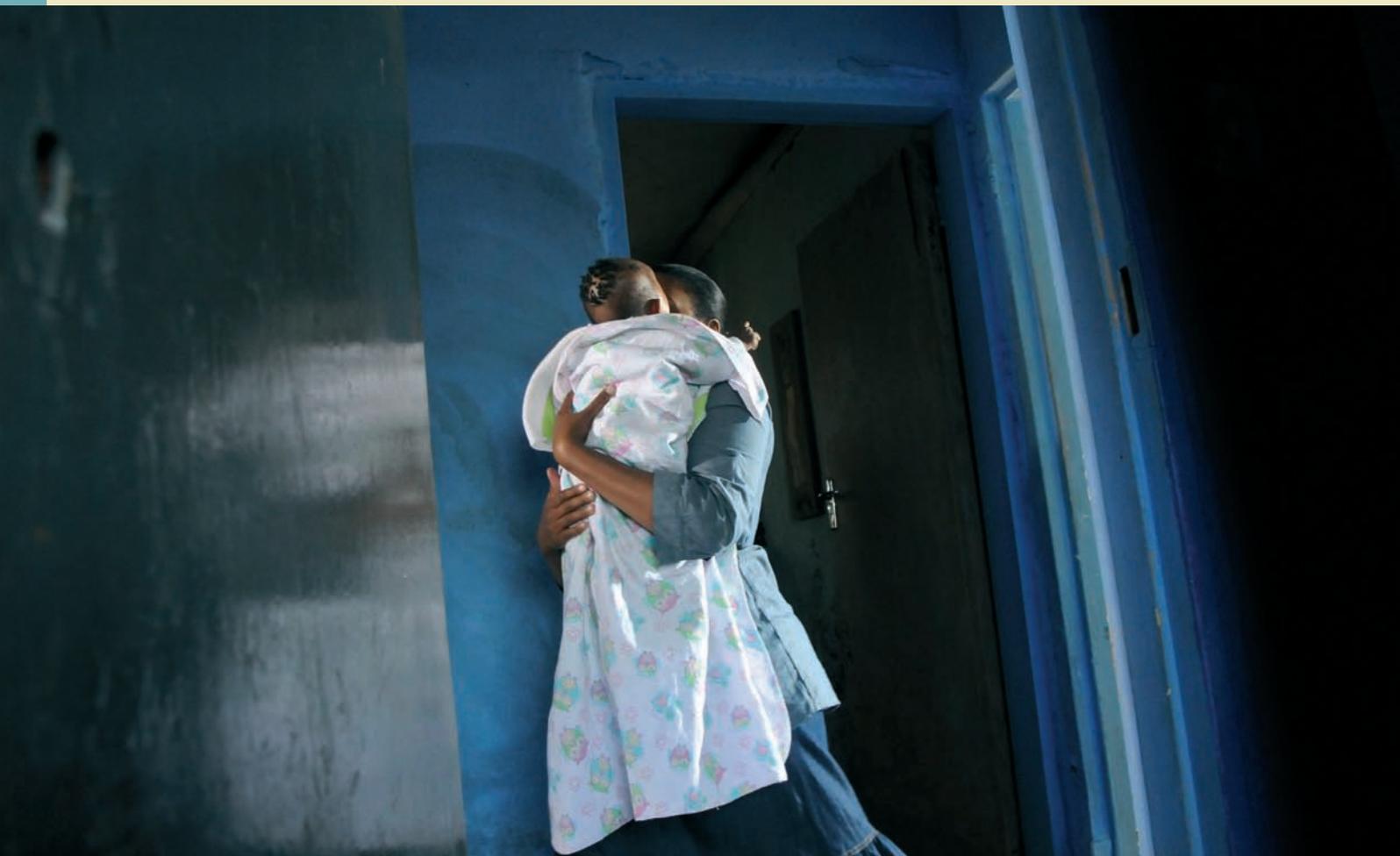
- kumlomo wesizalo
- umlomo wesibebeleko
- setho se ka hare sa sesadi
- serviks/baarmoedermond

What happens after the birth?

ALL new mothers need support

Being a new mother is exciting, but also new and scary. You need support from your partner and family. If you are in the PMTCT programme, you need even more support.

- Decide how to feed your baby. Exclusive breastfeeding for 6 months is best.
- Your clinic or hospital might give you food parcels if you can't afford healthy food.
- Your health worker can refer you to a social worker if you are a single mother. She will tell you about support groups and how to get a child grant.
- Don't be afraid to talk to a friend, partner or social worker if you need help.
- The father of your baby must pay maintenance even if you are not in a relationship.



parcels

- amaphasela
- iiphasile
- diphuthelwana
- kospakkies

social worker

- usonhlalakahle
- unontlalontle
- mosebeletsi wa setjhaba
- maatskaplike werker

child grant

- isibonelelo sengane
- isibonelelo somntwana
- nyehelo ya ngwana
- kindertoelaag

maintenance

- isondlo
- isondlo
- kgodiso
- onderhoud

depression

- ingcindezi
- ukudakumba
- kगतello ya maikutlo
- depressie

Look out for depression

Depression is caused by chemicals in your brain. Sometimes new mothers get depressed.

Do you have one or more of these symptoms?

- Do you feel sad all the time?
- Does it feel like there is nothing good in the future?
- Do you struggle to sleep or are you sleeping too much?
- Do you feel like you are not bonding with your baby?
- Are you thinking of killing yourself?

i

If you think you are depressed, you can get help and treatment to make you feel better. Ask for help from the clinic or call the South African Depression and Anxiety Group (SADAG) tollfree on 0800 567 567 or LifeLine on 0861 322 322.

For new fathers:

Having a new baby, a home and looking after a family can be difficult for new mothers.

- Fathers can help with cooking and other housework so the new mother can rest and have time to breastfeed the baby.
- Mothers should make sure there is time for dads to bond with the baby too.

Sex after having a baby

- You **can** fall pregnant soon after having a baby, even if you are breastfeeding. Use contraception so you don't get pregnant again too soon.
- Sex after having a baby can be painful for a woman. Her body needs at least 6 weeks to recover.
- Your culture might say that you should not have sex while breastfeeding. The new mother might have to stay with her family, leaving the man alone. If either of you have unprotected sex with other people, you can pass HIV to your baby. Protect your family by always using condoms.

chemicals

- amakhemikhali
- iikhemikhali
- dikhemikhale
- chemikalieë

symptoms

- izimpawu
- imiqondiso
- matshwao
- simptome/tekens

future

- ikusasa
- kwixesha elizayo
- bokamoso
- toekoms

contraception

- okokuvimbela ukukhulelwa
- uthintelo lwezala
- thibelo ya pelehi
- geboortebeperking

Going to the clinic

Vaccinations

All babies must be vaccinated at birth, and then at 6 weeks. **All** babies must be vaccinated, even if they are born to HIV-positive mothers.



Why is vaccination important?

Vaccination protects your baby from pneumonia, measles, polio and other illnesses. An HIV-positive baby has a weak immune system, so it's important he or she gets vaccinated.

- Vaccination is free.
- It is safe to vaccinate babies, even if they are sick or HIV positive.
- Some babies cry, get a rash, a fever or a small sore after vaccination. Carry on feeding the baby as usual. The sickness should pass in 3 days.

pneumonia

- izibhobo
- inyumoniya
- nyumonia
- longontsteking

measles

- isimungumungwana
- imasisi
- maselese
- masels

polio

- uvendle
- ipholiyo
- pholiyo
- polio/kinderverlamming

When should my baby be vaccinated?

The first vaccinations happen when the baby is born. After that your health worker will tell you when to come back for vaccinations at:

- 6 weeks
- 10 weeks
- 14 weeks
- 9 months
- 18 months
- 5 years

? Did you know?

Your baby must have **all** vaccinations for them to work. It is never too late. Your baby can be vaccinated at any age, but it is better to do it when he or she is young.

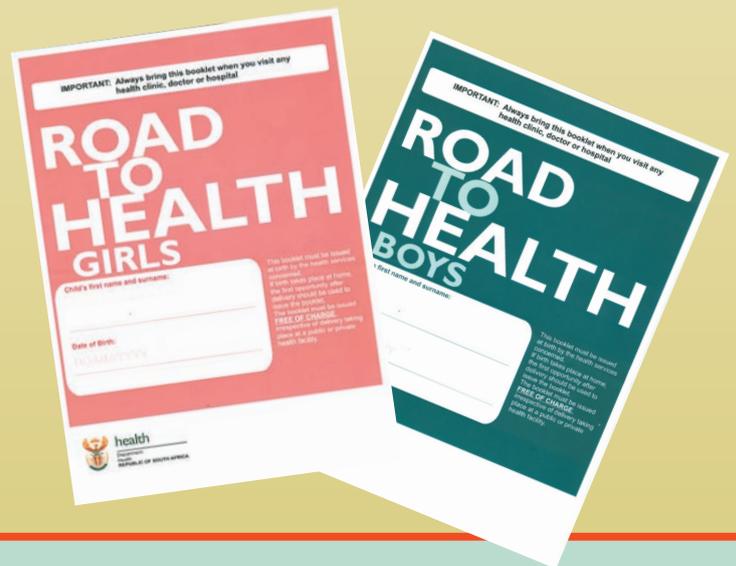
Weighing your baby

- Your health worker should weigh your baby once a month for the first 2 years.
- A healthy baby will get heavier as he or she grows. If your baby does not gain weight, speak to a health worker immediately.



Road-to-Health booklets

- Every mother gets a Road-to-Health booklet when her baby is born. It is important to record the vaccinations and the baby's weight.
- Your health worker will record other information if you are in the PMTCT programme.
- Take your Road-to-Health booklet to the clinic every time you go. Check with your health worker that your baby is on the Road-to-Health curve.



record

- ukurekhoda
- ukurekhoda
- ngodisa
- teken aan

curve

- ijika
- kwigophe
- tsela/motjha
- kurwe

Your child and HIV



Musa was in the PMTCT programme so it is likely that her baby is HIV free. The baby will have an HIV test at 6 weeks and again in 18 months to be sure.

Get your child tested for HIV

- Even if you have been on ART and through all the steps for PMTCT, you still need to know your baby's status.
- Most HIV-positive babies are healthy for the first few months. Test your baby as he or she might need ART right away.
- Have your baby tested before 6 weeks if he or she is sick or does not put on weight.
- If your child is older than 18 months but gets sick a lot, test for HIV.



Remember

- Most newborn babies will test negative.
- Finding out early that your baby is HIV positive means you can help him or her stay healthy.

antibiotic

- athibhayothikhi
- isibulala-ntsholongwane
- antibayotiki
- antibiotiese

diarrhoea

- uhudo
- urhudo
- letshollo
- diarrree

pneumonia

- izibhobo
- inyumoniya
- nyumonia
- longontsteking

thrush

- amalovula
- ithrashi
- diso tse tshweu
- sproei

What if my baby is HIV positive?

If your baby is positive, it is your and your partner's responsibility to help him or her stay healthy.

- Your health worker will give you an antibiotic syrup called cotrimoxazole (other names are Bactrim, Doctrim, Medtrim). This stops your baby from getting sick, but does not stop HIV from growing.
- Give your baby this syrup every day.
- You can only stop giving your baby cotrimoxazole when your health worker tells you to.
- You must also give your baby nevirapine until you stop breastfeeding, or for the first 6 weeks if you are formula feeding. This will stop the HIV from growing.
- Babies who have HIV and are under one year old must start ART **straight away**.

Older children and HIV

- Older children will have their CD4 count tested. If it is below 350, they will start ART.
- ART medicines are safe for babies and young children. They help babies and children with HIV grow strong and live a healthy, long life.

Will my child get sick?

Most children with HIV are healthy in the beginning. Some children get sick very soon if they are not on ART. This means they now have AIDS. Children with AIDS don't grow well and get sicknesses like:

- diarrhoea that won't go away
- pneumonia
- bad thrush (white sores in the mouth)
- skin problems
- TB

What can I do if my child is sick?

- Have your child tested for HIV.
- Get your child ART as soon as possible.

It will be hard to see your child getting sick often. You might feel helpless and afraid. But you don't have to do it alone! Ask a health worker, social worker or your family for support. You can also call Parent Line on 0800 121 100.



There are many things you can do to keep your child healthy.



Remember

Go for check-ups when the health worker tells you. If you move, find a new clinic. Take your baby's Road-to-Health booklet with you.



Questions and answers about PMTCT



My partner and I both have HIV. Is it safe to have a baby?

You can have a child, but there are risks. There are safer ways of falling pregnant. If you have sex without a condom, you could re-infect each other. Speak to a doctor who can help you decide.



What happens if I don't use the PMTCT programme?

If you don't follow PMTCT steps, there is a 1 in 3 chance that your baby will be HIV positive. If you follow the PMTCT steps, the chance is much less.



When do I start PMTCT?

Go to a clinic as soon as you think you are pregnant. You will be tested for HIV and the health worker will tell you when to start PMTCT.



Are ART medicines safe for my baby when I am pregnant?

Some medicines for lifelong ART are not safe for a baby. Tell your health worker if you are pregnant so they can put you on PMTCT. All medicines used for PMTCT are safe for your baby. Without them there is a greater chance that your baby will get the HIV virus.



I have started formula feeding but want to breastfeed to comfort my baby. Is it safe?

No, it is not safe. Choose one way to feed your baby and don't change. If you breastfeed **and** formula feed your baby, there is a chance you will pass HIV on to him or her.

risks

- ubungozi
- imingcipheko
- dikotsi
- risiko's

re-infect

- ukuthelelana ngamandla
- nisulelane kwakhona
- tshwaetsa hape
- herinfekteeer



I am formula feeding but my mother-in-law shouts at me. What should I tell her?

Breastfeeding is an important part of many cultures. Some people don't understand why some mothers choose to feed formula. Try doing this:

- Choose a quiet and private time to talk to your mother-in-law.
- If you can, tell her you are HIV positive.
- Explain that you want to feed your baby formula milk because it will help stop him or her from getting HIV.
- Some mothers-in-law are very hard on young mothers. When they find out the reason for not breastfeeding, they are very sorry for what they said.



Does the father need to be involved in PMTCT?

It is the responsibility of both parents to do everything they can to keep the child HIV negative. The father can support his partner by going with her to the clinic and planning to be there when the baby is born. He should always use condoms when they have sex. When a woman is pregnant it is also important that the father helps around the house so she can rest.



What about stigma and discrimination?

Being in a PMTCT programme can mean you are exposed to stigma and discrimination. Remember that being in a PMTCT programme is the best way to make sure that you and your baby stay healthy.



stigma

- ihlazo
- isiphako
- tlhoriso moyeng
- stigma/skandvlek

discrimination

- ukubandlulula
- ucalucalulo
- kgethollo
- diskriminasie

Places to help you

**AIDS Helpline:
0800 012 322**

Government departments

Department of Health

Directorate: HIV/AIDS and STIs
Tel: 012 395 9157

Department of Health provincial complaints lines

Eastern Cape Tel: 0800 032 364
Free State Tel: 0800 535 554
Gauteng Tel: 0800 203 886
KwaZulu-Natal Tel: 033 395 2009
Limpopo Tel: 0800 919 191
Mpumalanga Tel: 0800 204 098
Northern Cape Tel: 018 387 5778
Western Cape Tel: 021 483 5624

Department of Social Development

National HIV/AIDS co-ordinator
Tel: 012 312 7500

Non-governmental organisations

Mothers2Mothers

Tel: 021 466 9160

Treatment Action Campaign (TAC)

Tel: 021 422 1700

Society for Family Health

Tel: 011 484 5230

LoveLife

Tel: 011 523 1000

Community AIDS Response (CARE)

Tel: 011 728 0218

Medicins Sans Frontiers

Tel: 021 364 5490

South African Sexual Health Association

Tel: 0860 100 262

Family and Marriage Association of South Africa (FAMSA)

National office Tel: 011 975 7106/7
Marital helpline: 011 975 7107

Rape Crisis Centre

Counselling lines
Observatory Tel: 021 447 9762
Athlone Tel: 021 633 9229
Khayelitsha Tel: 021 361 9085

South African Depression and Anxiety Group

Helpline: 011 262 6396
(8am – 8pm, seven days a week)

Parent Line

Tel: 0800 121 100

LifeLine

Tel: 0861 322 322

ChildLine

Tel: 08000 55555

CINDI (Children in Distress)

Tel: 033 345 7994

CHAIN (Children's HIV/AIDS Network)

Tel: 021 685 4103

Marie Stopes: pregnancy, abortion, contraception

Tollfree helpline: 0800 11 77 85
National: 011 838 3320

Emergency contraception

Tollfree helpline: 0800 246 432

Yeziqane Network – The Children's Sector HIV/AIDS National Network

Tel: 031 307 6075

Right to Care – women’s health and HIV services

Tel: 011 276 8850

Right to Care Health Services

Gauteng regional office:

Tel: 011 710 7000

Free State regional office:

Tel: 058 303 1142

Mpumalanga regional office:

Tel: 013 755 1458

Northern Cape regional office:

Tel: 053 832 0514/5/6

Western Cape regional office:

Tel: 028 316 2450

National Association of People with AIDS (NAPWA)

National office Tel: 011 892 0773/0615

Eastern Cape Tel: 043 760 0333

Free State Tel: 051 405 8818

Gauteng Tel: 011 720 5553

KwaZulu-Natal Tel: 031 304 4182

Limpopo Tel: 015 295 6017

Mpumalanga Tel: 013 2205/6114

North West Tel: 014 592 5652

Northern Cape Tel: 053 832 9202

Western Cape Tel: 021 421 9952

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