

## Annex 9. HIV and infant feeding recommendations

<b>Situation</b>	<b>Guidelines for health workers</b>
Mother's HIV status is unknown	<ul style="list-style-type: none"> <li>▪ Promote availability and use of HIV testing and counselling</li> <li>▪ Promote breastfeeding as safest infant feeding method (exclusive breastfeeding for first 6 months, introduction of appropriate complementary foods at about 6 months, and continued breastfeeding to 24 months and beyond)</li> <li>▪ Counsel the mother and her partner on how to avoid exposure to HIV.</li> </ul>
HIV-negative mother	<ul style="list-style-type: none"> <li>▪ Promote breastfeeding as safest infant feeding method (exclusive breastfeeding for first 6 months, introduction of appropriate complementary foods at about 6 months, and continued breastfeeding to 24 months and beyond)</li> <li>▪ Counsel the mother and her partner on how to avoid exposure to HIV.</li> </ul>
All HIV-positive mothers	<ul style="list-style-type: none"> <li>▪ Provide anti-retroviral drugs to prevent MTCT</li> <li>▪ Counsel mother on the risks and benefits of various infant-feeding options, including the acceptability, feasibility, affordability, sustainability and safety of the various options</li> <li>▪ Guide the mother to choose the most appropriate infant-feeding option, according to her own situation</li> <li>▪ Counsel mother on infant feeding after six months</li> <li>▪ Refer the mother to family planning and child care services, as appropriate.</li> </ul>
HIV-positive mother who chooses to breastfeed	<ul style="list-style-type: none"> <li>▪ Promote safer breastfeeding (exclusive breastfeeding with early cessation when replacement feeding is acceptable, feasible, affordable, sustainable and safe)</li> <li>▪ Support the mother in planning and carrying out a safe transition from exclusive breastfeeding to replacement feeding</li> <li>▪ Prevent and treat breast conditions of mothers. Treat thrush in infants.</li> </ul>
HIV-positive mother who chooses other breast milk option	<ul style="list-style-type: none"> <li>▪ Provide support to the mother to carry-out her option as safely as possible.</li> </ul>
HIV-positive mother who chooses replacement feeding	<ul style="list-style-type: none"> <li>▪ Provide the mother with the skills to carry out her choice</li> <li>▪ Support her in her choice (including cup-feeding, hygienic preparation and storage, health care, family planning services).</li> </ul>