



Side-by-Side®



NUTRITION



**All mothers
can breastfeed
their babies
including
mothers who
are living with
HIV**



DID YOU KNOW?

**Adherence to ARV treatment is
always important including during
the breastfeeding period**

Breastfeeding is recommended for 2 years and longer,
give baby only breastmilk from birth to six months.

Let's work together side by side to **encourage mothers to breastfeed.**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

A long and Healthy life for all South Africans

