

# BORN HIV FREE.



**Go for Maternal Newborn and Child Health (MNCH) care as soon as you know you are pregnant to protect yourself and unborn baby.**

**KNOW  
THINK  
DO**

**TAKE CONTROL  
WITH eMTCT**

*Unless otherwise stated,  
the appearance of individuals  
in this communication gives  
no indication of either  
sexuality or HIV status.*

If you're living with HIV and taking HIV medicine as prescribed by your healthcare provider, your viral load will become undetectable. Once you have achieved this, there is virtually no risk of sexually transmitting HIV to an HIV negative partner.



**ZAMBIA  
ENDING AIDS**

For more information dial \*573# or visit [www.ZambiaEndingAIDS.org](http://www.ZambiaEndingAIDS.org)



**USAID**  
FROM THE AMERICAN PEOPLE



For more information on Zambia Ending AIDS, access the ZEA Chatbot on WhatsApp: +260770077932 and send 'hi' or Click on this link and send the 'hi' <https://wa.me/260770077932?text=hi>