



HIV, Pregnancy, and Tobacco Use

**If you have HIV, smoking
tobacco during pregnancy
can increase the chance
that HIV will be passed
to your baby.**

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our goal is **healthy** children

HIV, Pregnancy, and Tobacco Use

Tobacco use during pregnancy is harmful for both a mother and her baby. If you smoke during pregnancy, there is an increased chance of preterm birth, low birth weight, miscarriage, and stillbirth.

If you have HIV and smoke during your pregnancy, there is also an increased chance of passing HIV to your baby. This is true even if you are taking your HIV medications and have a low viral load.

What can you do?

Quit smoking tobacco if you can. If you are having a hard time quitting, cutting down how much you smoke can help your health and the health of your baby. Talk to your healthcare provider for help, or visit one of the websites listed below.

Expecting to Quit (www.expectingtoquit.ca)

Information for pregnant women about how to quit or reduce smoking.

PACT: Partnership to Assist with Cessation of Tobacco

(www.makeapact.ca)

Information and support for people trying to quit smoking, as well as information about Sacred Tobacco and the traditional uses of tobacco.

Pregnets (www.pregnets.org)

Information, resources, and support for pregnant and postpartum women to help them quit or reduce smoking.

Saskatchewan Prevention Institute (www.skprevention.ca)

Information and resources on tobacco use and pregnancy, as well as HIV and pregnancy. For more information, type **HIV and pregnancy** in the search bar on the website.

HIV and pregnancy 