• If you choose to have sex, use a condom every time. When used the right way, latex condoms can help protect you from HIV and other STDs. While condoms aren’t 100% effective, they are the best protection available for people who have sex.

• Stay with one partner who only has sex with you and does not inject drugs. Use condoms unless tests show you and your partner do not have HIV.

• Never share needles or other “works” to shoot drugs or for anything else (piercing, tattoos).

10. What else can women do to stay healthy?

• If you have sex, get tested for HIV and other STDs. The only way to be sure you have or don’t have HIV or other STDs is to get tested at a doctor’s office or STD clinic. Ask your sex partner(s) to get tested, too.

• See a doctor right away if you have an unusual discharge or notice any rashes, sores or bumps on your body. If you think you have been at risk for HIV or any other STD, get a test.

• If you have an STD, make sure both you and your partner finish treatment before having sex again.

Where can I learn more?
In Texas, call 2-1-1 toll-free to find HIV/STD testing and treatment near you.

For other HIV/STD questions, call 1 (800) CDC-INFO (English/Español) or 1 (888) 232-6348 (TTY)

To learn more, go to

10 Questions
About Pregnancy and HIV

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8/2015 Publication No. 4-206
6. If I think I’m pregnant, when should I start prenatal care?

As soon as you think you might be pregnant, you should go to the doctor. Starting care early and getting frequent checkups will help you and your baby stay healthy.

7. What are the benefits of prenatal care?

Prenatal care allows your doctor to check the progress of your pregnancy and look for problems. If there are any problems, they can be treated right away.

8. Should I be tested for other STDs*?

Yes. All pregnant women should be tested for syphilis at their first prenatal visit and during their third trimester.

Without treatment, syphilis can cause major problems for the baby during pregnancy and at birth, including blindness, deafness, brain damage and even death. If caught early, syphilis can be cured before any of this happens.

It is also a good idea to be tested for gonorrhea and chlamydia at your first prenatal visit.

* “STDs” stands for “sexually transmitted diseases.”

9. What can I do to avoid getting HIV?

• The only sure way to avoid getting HIV through sex is by not having sex (abstinence). Vaginal, oral and anal sex can all pass HIV and other STDs from one person to another.