



HIV-Positive People Can Safely Breastfeed [VIDEOS]

+Life special guests discuss how science has proven that those living with HIV can safely breastfeed their children.

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[+Life is a multi-platform brand](#) inspired by journalist Karl Schmid's personal story of living with shame and fear around his own HIV diagnosis. In his interview series [+Talk](#), Schmid discusses with his guests the various nuances and experiences that affect people living with HIV.

Recently Karl chatted with two female experts on the topic, Ci Ci Covin, an activist, mother, and senior manager of community relations at [The Well Project](#), and Dr. Gina M. Brown, an obstetrician/gynecologist and HIV prevention specialist at Gilead Sciences. The special guests discuss how science has proven that those living with HIV can safely breastfeed their children.

What to Know About Breastfeeding

Risk of Transmission

Breastfeeding Considerations

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