



Take Care of Yourself

HIV is a virus that causes a disease called AIDS. The virus causes the part of your body that fights disease to not work very well. When you have AIDS, getting a common sickness like the flu can be very bad for you.

Protect Others

- ◆ Use a condom if you have sex.
- ◆ Ask any one you had sex with to get tested for HIV.
- ◆ Tell your doctor and dentist you have HIV.
- ◆ Do not share any kind of needle with others.
- ◆ Do not donate blood, semen, or organs.

Go to Checkups

- ◆ Get a blood test to check how much of the virus is in your blood. You may need to have the test every few weeks or months.
- ◆ Get a blood test to check how well your body can fight sickness. This is called a CD4 cell count. Ask your doctor how often you need this test.
- ◆ Go to the dentist every 6 months to keep your teeth and gums healthy.
- ◆ Get your eyes checked if you are having trouble seeing.
- ◆ Get shots to prevent sicknesses, like pneumonia and the flu. Ask your doctor which shots you need.
- ◆ Ask your doctor often if there are any new treatments for HIV.

Help Yourself

- ◆ Take your medicine just as your doctor has told you.
- ◆ Tell your doctor if you are having problems with your medicine.
- ◆ Talk to family, friends, or a counselor about how you are feeling.
- ◆ Join a support group.
- ◆ Eat healthy foods, like fruits and vegetables.

