

Taking care of yourself when living with HIV



PLATINUM
HEALTH

Having HIV doesn't have to stop you living a healthy life in the way that you choose to do. With the right treatment and care, you can expect to live as long as someone who doesn't have HIV.

If you've been diagnosed with HIV then starting treatment as soon as possible is the first step to taking care of yourself and keeping your immune system strong. Although antiretroviral (ARV) treatment is not a cure for HIV, it does keep the virus under control.

Once you start treatment, the key to staying well is to make sure that you take it regularly as prescribed - which usually means every day at the same time. Skipping doses, or taking it at different times each day, will stop it from protecting your immune system.

What else can you do to take care of yourself?

Exercising regularly, eating a well-balanced diet, getting enough rest and quality sleep are all vital to maintaining your health.

Did you know?

HIV+ persons have 3 times greater chance of dying if they get COVID-19.

KNOW YOUR STATUS - GET TESTED

