



HIV Treatment

HIV Treatment Helps You Stay Healthy

Today, HIV treatment is recommended for everyone with HIV. Starting treatment as soon as possible helps protect your immune system and keep you healthy.

Although there is no cure for HIV, taking HIV medicine every day can help you:

- Live a long, healthy life.
- Protect your immune system.
- Lower the amount of HIV in your body (viral load).
- Prevent HIV from progressing to AIDS.
- Reduce the chance of passing HIV to sexual partners.

Understanding Viral Load and U=U

Viral load measures how much HIV is in your blood. The goal of treatment is an undetectable viral load.

People who maintain an undetectable viral load by taking HIV medicine as prescribed cannot sexually transmit HIV. This is known as Undetectable = Untransmittable (U=U).

Keeping Up With Your Care

- Keep all healthcare appointments.
- Have regular viral load and CD4 blood tests.
- Discuss your results with your healthcare provider.

Why Starting Treatment Early Matters

Starting treatment early helps keep your immune system strong and lowers your risk of serious illness.

- Keep your immune system stronger.
- Lower your viral load.
- Help prevent serious illnesses.
- Improve your overall health and quality of life.

Taking Your HIV Medicine

- Take your medicine every day.
- Do not skip doses.
- Follow directions about taking medicine with or without food.
- Refill your prescriptions before you run out.
- Talk with your doctor before stopping or changing your medicine.

Possible Side Effects

- Upset stomach
- Nausea
- Diarrhea
- Headache
- Feeling tired

Do not stop taking your HIV medicine without talking with your healthcare provider.

Drug Interactions

Tell your doctor about all prescription medicines, over-the-counter medicines, vitamins, and herbal supplements you take.

Questions to Ask Your Healthcare Provider

- What should I do if I miss a dose?

- What do my viral load and CD4 results mean?
- What side effects should I watch for?

FOR MORE INFORMATION

Contact your Registered Nurse Care Manager, or call PHC California Nurse Advice Line at (800) 797-1717.