



Life with HIV

Living Well with HIV

An HIV diagnosis can change your life, but it does not define you. With today's treatment, people with HIV can live long, healthy, and active lives. Researchers continue to work toward better treatments and a cure.

Learning that you have HIV gives you the chance to take charge of your health. By staying in care and taking your medicine, you can protect your health and help prevent passing HIV to others.

Get Informed

The more you know about HIV, the better you can care for yourself. Learning about HIV can help you understand your treatment, recognize possible side effects, know when to contact your healthcare provider, and make informed decisions about your health.

Women Living with HIV

Women living with HIV have additional healthcare needs. Talk with your healthcare provider about birth control, cervical cancer screening, pregnancy planning, and HIV treatment.

With proper HIV treatment during pregnancy, the chance of passing HIV to a baby is less than 1%. Continue taking your HIV medicine and discuss infant feeding recommendations with your healthcare provider.

Protect Your Health

HIV affects your immune system, which helps your body fight infections. Taking your HIV medicine and making healthy choices can help keep your immune system strong and help you stay healthy.

- Take your HIV medicine every day as prescribed.
- Eat healthy foods and drink plenty of water.
- Get enough sleep. Aim for at least 7 hours each night.
- Manage stress in healthy ways.
- Stay active for at least 30 minutes on most days.
- Limit alcohol use.
- Do not smoke or vape. Quit For Life® offers support to help you quit.
- Avoid recreational or illegal drugs that may interfere with HIV treatment.

Take an Active Role in Your Health Care

Your healthcare team is your partner in managing HIV. Working together helps you get the best possible care.

- Keep all healthcare appointments.
- Take your HIV medicine every day as prescribed.
- Tell your healthcare provider about side effects or new symptoms.
- Ask questions if you do not understand your treatment.
- Tell your healthcare provider about vitamins, supplements, or other medicines.

Living with a Partner Who Has HIV

HIV is not spread through everyday contact such as sharing dishes, bathrooms, phones, food, or swimming pools.

- Do not share needles or injection equipment.
- Do not share razors or toothbrushes that may have blood on them.
- Talk with your healthcare provider about HIV prevention options.
- People with an undetectable viral load cannot sexually transmit HIV (U=U).

FOR MORE INFORMATION

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