LIVING WITH HIV

WHO HAS HIV?
WHAT'S IT LIKE LIVING WITH HIV?
AND OTHER QUESTIONS....
Someone with HIV is called "HIV Positive" or HIV+.

Someone who doesn’t have HIV is called "HIV Negative" or HIV-.

HIV medicine lowers the level of HIV virus in the body, which is also called the "viral load."

A low viral load is a good thing: it means there is not a lot of HIV in the body.
HIV is hard to get.

If the blood of a person with HIV mixes with the blood of someone else, HIV can spread.

You can't get it from public toilets or drinking fountains.

You can't get it from being very near to an HIV+ person, even if they are sick.

You can't get it from holding hands or hugging and kissing or touching people.

You can't get it from sharing food or drinks.

You can't get it from mosquito bites.
You can't tell if someone has HIV just by looking at them.

There are all different types of people who have HIV.
LIVING WITH HIV CAN BE HARD SOMETIMES...

PEOPLE WITH HIV MIGHT HAVE TO VISIT THE DOCTORS OFFICE MORE OFTEN.
PEOPLE WITH HIV MAY BE MORE LIKELY TO FEEL SICK.

AND MANY PEOPLE MAY CHOOSE TO TAKE HIV MEDICINE EVERY DAY TO FEEL WELL.
People can live perfectly normal lives with or without HIV.

When they take care of themselves, people with HIV can live long and productive lives.
MOST IMPORTANTLY, PEOPLE WITH HIV SHOULD BE TREATED WITH RESPECT AND KINDNESS...

JUST LIKE EVERYONE ELSE.