

**HUMAN IMMUNODEFICIENCY VIRUS (HIV)****WHAT YOU SHOULD KNOW ABOUT HIV:**

- You can have HIV for years and not feel sick.
- There is no cure or vaccine for HIV, but treatment can help you live longer and prevent other painful and serious problems.
- AIDS (Acquired Immunodeficiency Syndrome) often occurs in patients with untreated HIV.
- If HIV is not treated, it can slowly destroy your immune system. You may get other serious and maybe deadly infections.
- Early treatment can save your life.

**KNOW YOUR STATUS**

Ask your health care provider for an HIV test if you have never been tested. HIV may take up to six months to show up in your blood.

**PROTECT YOURSELF**

HIV can be spread through unprotected sexual contact or sharing needles with someone who is HIV infected. You should avoid these risky behaviors.

**KNOW HOW HIV IS NOT SPREAD**

HIV is not spread by dry kissing, shaking hands, hugging, sharing utensils or food, or sharing toilets.

**IF YOU THINK YOU HAVE BEEN EXPOSED, SEE YOUR HEALTH CARE PROVIDER.**

Especially if you have any of the following:

- ▶ Diarrhea
- ▶ Swollen lymph glands
- ▶ Oral thrush (white patches in your mouth)
- ▶ Vaginal yeast infections
- ▶ Flu-like symptoms
- ▶ Night sweats
- ▶ Fevers
- ▶ Weight loss

**IF YOU ARE ON HIV MEDICINES, BE SURE TO TAKE THEM EVERY DAY.**

Missed doses may cause your medicine to stop working to control your HIV. Tell your health care provider if you are not able to take your HIV medicines due to bad side effects, or other reasons.