

LIVING LONGER & HEALTHIER WITH HIV

TIPS FOR TAKING HIV MEDICATION

- Take your medication at the same time each day
- Match your medication schedule to your daily routine
- Use a weekly or monthly pill tray
- Set a reminder alarm on your phone or email
- Ask a family member or friend to remind you

FDA encourages diverse participation in clinical trials.

If you think a clinical trial may be right for you, talk to your health care provider.

You can also search for clinical trials in your area at www.clinicaltrials.gov.

FOR MORE INFORMATION

 www.fda.gov/healthequity

 healthequity@fda.hhs.gov

 1-888-INFO-FDA
(1-888-463-6332)

 @FDAHealthEquity

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What is HIV?

Human immunodeficiency virus (HIV) infection is a chronic (long-term) disease that attacks the body's immune system. If you've tested positive for HIV, talk to your health care provider as soon as possible about your treatment options. Left untreated, HIV can lead to acquired immunodeficiency syndrome (AIDS), an advanced stage of HIV that indicates severe damage to the immune system.

Although there's currently no cure for HIV, the condition can be controlled with proper medical care. Taking your HIV medications as prescribed by your health care provider will help you stay healthy and reduce your risk of spreading HIV.

How do HIV medications work?

HIV can be managed by following a treatment regimen of FDA-approved medications known as **antiretroviral therapy (ART)**. It involves taking a combination of HIV medications daily. These medications work by slowing down the progression of the virus in your body (viral load) and keeping the immune system strong enough to fight off other infections.



system functions better to lower your risk for infections and certain HIV-related cancers. You will also **significantly** lower your chances of spreading the virus to an HIV-negative partner.

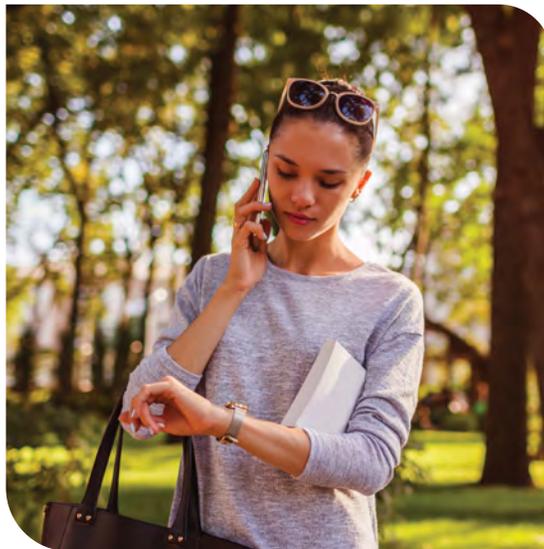
The goal of ART is to reduce your viral load to a level that is too low to detect. A low or undetectable viral load means that your immune

ART is recommended for all people who are HIV-positive, even if you feel healthy. Although following a prescribed regimen can't cure HIV, it will increase your chances of staying healthier longer.



Why is it important to take your HIV medications every day?

Taking your medications every day and exactly as prescribed is a critical part of reducing your viral load. Not taking your medications consistently may lead the HIV in your body to mutate (drug resistance), meaning that your current ART regimen is no longer effective at slowing down the virus' progression. Once drug resistance develops, a person may have to change medications, as different medications will be needed to keep the virus from multiplying.



Take control of your health

People are living longer lives with HIV, and you can too—so don't delay treatment! Talk to your health care provider as soon as possible about starting and maintaining an FDA-approved medication regimen to manage your HIV. Learn more about beginning an ART regimen at [HIV.gov](https://www.hiv.gov).

