

COVID-19

Coronavirus Disease 2019

COVID-19 & HIV



WHAT IS THE RISK FOR PEOPLE LIVING WITH HIV?

If you are undergoing HIV treatment and are clinically and immunologically stable, there is no evidence so far to indicate that you are at more risk of presenting severe COVID-19 symptoms than the general population.



If you are over 60 years old and/ or have other underlying medical conditions, like the rest of the people with these characteristics, you may have an increased risk of complications.



If you are not taking your HIV medication regularly, you may be at higher risk for COVID-19 complications.



HOW TO STAY HEALTHY IF YOU ARE LIVING WITH HIV?



- **Take your HIV treatment every day** to help keep your viral load low and strengthen your defenses.
- **Take preventive measures like everyone else:** wash your hands frequently with soap and water, avoid touching your mouth, nose and eyes, and cover your mouth when coughing or sneezing.
- **Minimize exposure to the COVID-19 :** follow your country's recommendations for physical distancing.
- **Get vaccinated** for the flu or influenza and pneumococcus.
- **Prepare a plan to stay indoors.**
- **Talk to the healthcare professional** responsible for your care about continuing treatment or consultations remotely.

- Make sure you have at least a **30-day supply of your HIV medicine**, if possible.
- **If you take medications for other pre-existing conditions**, make sure you have extra doses in case you have to stay home.
- **Take care of your mental health.** Maintain frequent contact with friends and family through chat, email, or video calls - the distance is physical, not social.
- **Avoid excessive exposure to information that may upset you.** Stay informed with reliable sources.
- **Find ways to support one another.**
- **Eat healthy, sleep well, and exercise** regularly at home.
- **If you have symptoms of COVID-19**, contact your healthcare provider or call your country's assigned hotline.