Diagnosed as a young college student, my first fears were of rejection and death. But, I was wrong about both. Instead of rejecting me, my grandmother immediately began to learn about the disease. She helped me see that, with HIV meds, I could live a long, healthy life. Now that I understand what it takes to live well with HIV, I take care of myself so I can spend time with the people who matter most.

Get in care. Stay in care. Live well.
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