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POSITIVES

TO HIV CARE + TREATMENT

CHOICES

TREATMENT IS NEVER ONE-SIZE-FITS ALL. YOUR HEALTH CARE TEAM CAN HELP YOU FIND WHAT WORKS FOR YOU.



SAFER SEX

STAYING ON TREATMENT REDUCES YOUR VIRAL LOAD. HAVING AN UNDETECTABLE VIRAL LOAD GREATLY REDUCES YOUR CHANCE OF TRANSMITTING THE VIRUS TO YOUR SEXUAL PARTNERS WHO ARE HIV-NEGATIVE.

BIRTHDAYS

STAYING IN CARE AND ON TREATMENT WILL HELP YOU LIVE A LONGER, HEALTHIER LIFE.



FAMILY

OPTIONS ARE AVAILABLE FOR PEOPLE LIVING WITH HIV WHO WANT TO BE PARENTS. TALK TO YOUR HEALTH CARE PROVIDER ABOUT YOUR PLANS FOR HAVING CHILDREN.

HOPE

DON'T LET HIV STAND IN YOUR WAY: KEEP DOING THE THINGS YOU LOVE AND NEVER STOP LIVING. IF THINGS GET TOUGH, SEEK SUPPORT FROM YOUR HEALTH CARE TEAM AND LOVED ONES. KNOW THAT **HIV TREATMENT WORKS.**



CDC.GOV/HIVTREATMENTWORKS