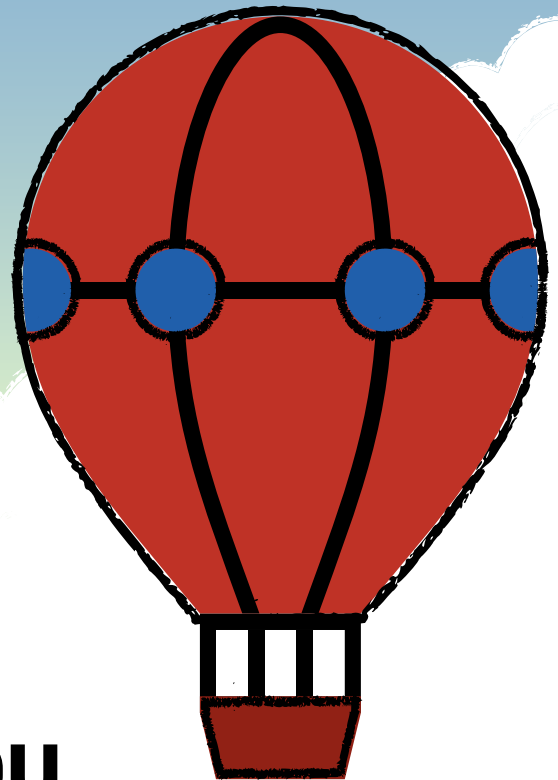


Finding Your Path to Treatment

If you have HIV, staying on treatment can be hard. If you inject drugs, it can be even harder.



Just know that you are not alone.

With the right support you can find a path that works for you, even if you are not in recovery. You don't have to be to start HIV care. Everyone's HIV treatment journey is different— and that's okay.

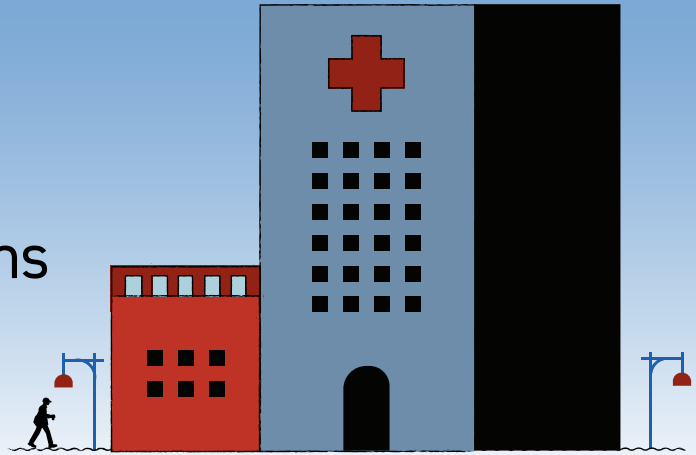
BRYCE

Let's Stop HIV Together
CAMPAIGN PARTICIPANT

“During those difficult periods, having a support group, knowing that there are still resources for me... has been a huge help to me.”

Where Should I Start?

Getting into HIV care means having a team of people who can support you.



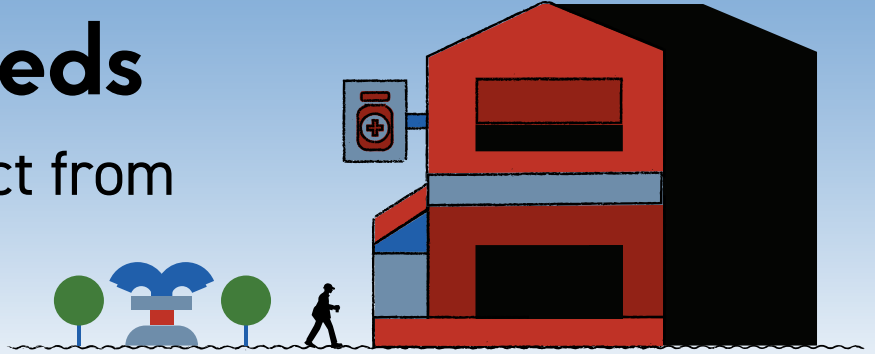
- ✓ Find a **doctor** you like and share with them the type(s) of drugs you are using and how you are using them. This information will help them figure out what medicines will work for you. Don't worry! What you talk about with your doctor is private. Your privacy is legally protected.
- ✓ A **case manager** can connect you to other support, such as housing, transportation, health services, health insurance coverage, and substance use disorder treatment.

**In most cases,
HIV treatment
is free!**

Find an HIV care team:
<https://findhivcare.hrsa.gov/>

How to Stick With Your HIV Meds

Here's what to expect from your care.



First, you will need to take your medicine regularly. It is important to figure out a routine that will help you remember to take your medicine **as prescribed**.



- ✓ Newer HIV medicines cause fewer side effects, and there are fewer pills to take than in the past. However, if you are experiencing side effects, **let your doctor know**. There are more options than ever before.
- ✓ You will have **regular medical appointments** with your health care provider. If you are struggling to get to your appointments, let your provider know, and they may have ways to help you. See if there is an option for phone or video appointments or for transportation assistance.

ETHAN

Let's Stop HIV Together
CAMPAIGN PARTICIPANT

"I was on HIV treatment when I was still injecting... I think you should still take your medication if you're gonna use— it's a step in the right direction."

You Are Not Alone

There are people in your community that want to help you.



Make sure you are supported in other areas of your life. No matter what, you deserve to be treated with dignity.



- ✓ An **HIV support group**, especially one for people who inject drugs, can provide you with social and emotional support.
- ✓ Many **syringe services programs** offer a lot of different services, including information about preventing transmission of HIV, hepatitis C, and provide overdose prevention supplies such as naloxone.

“When I decided to get back into HIV care... I was also able to get linked into rehab.”

BRYCE

Let's Stop HIV Together
CAMPAIGN PARTICIPANT

Need easy access to resources?



Scan the QR code or visit
cdc.gov/StopHIVTogether/Treatment

Find Resources

Help is there. You can do this!

You may run into roadblocks along your HIV treatment journey. That's okay— even if you're not in recovery for drug use, you can get in HIV care and stay on your HIV medicines. You may face roadblocks, but you can always find an alternate route.



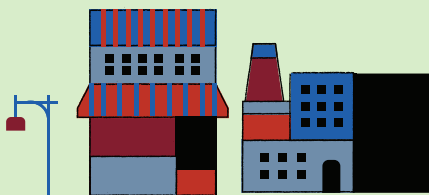
Scan the QR code or visit [cdc.gov/StopHIVTogether/Treatment](https://www.cdc.gov/StopHIVTogether/Treatment) to find helpful resources.

ALTERNATE ROUTE
Find another health care provider who will work with you to get in HIV care.

ROADBLOCK
Your health care provider will only prescribe HIV medicine once you are in recovery.

ALTERNATE ROUTE
Find housing for people with HIV from HUD.

ROADBLOCK
You need help finding housing.



ROADBLOCK
You need mental health services or treatment for a substance use disorder.

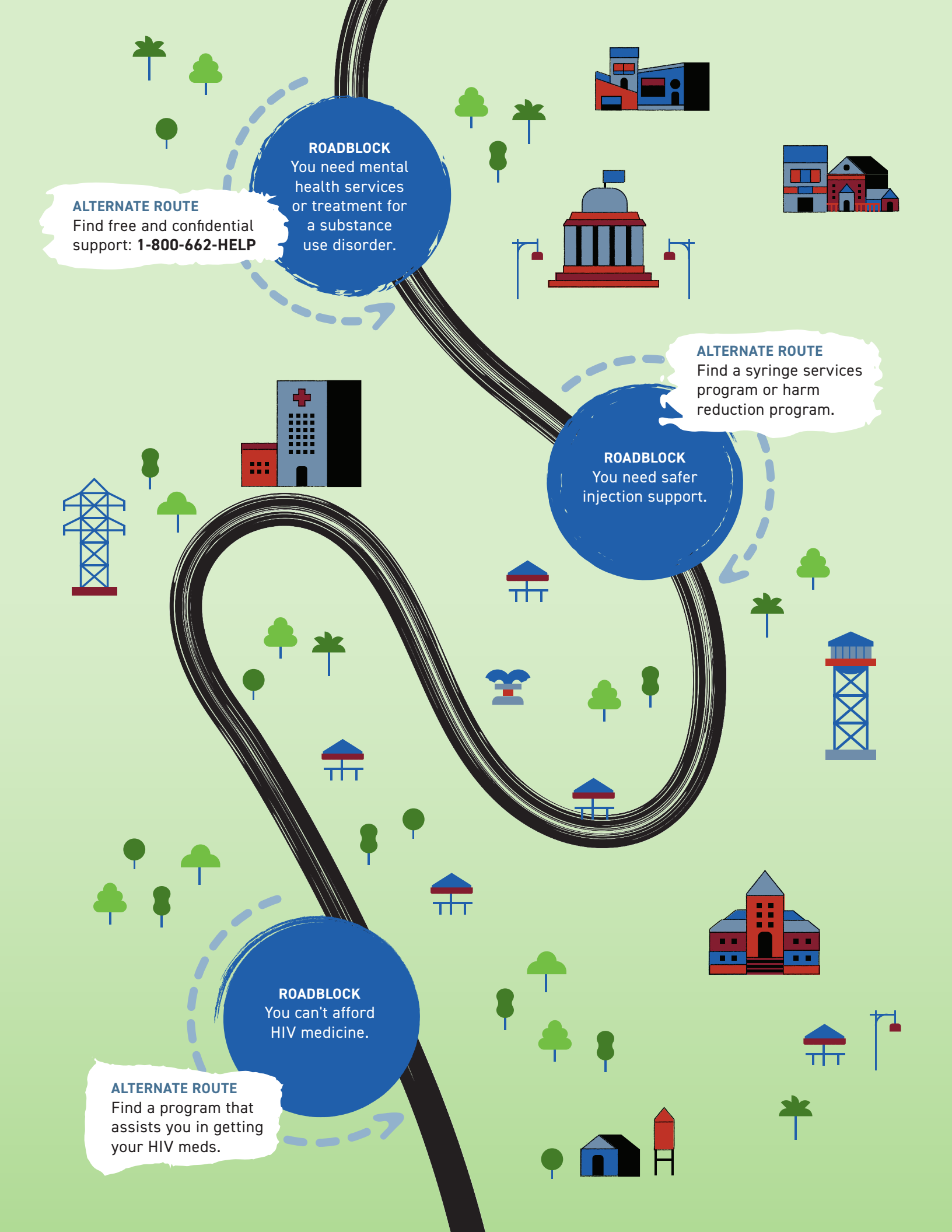
ALTERNATE ROUTE
Find free and confidential support: **1-800-662-HELP**

ROADBLOCK
You need safer injection support.

ALTERNATE ROUTE
Find a syringe services program or harm reduction program.

ROADBLOCK
You can't afford HIV medicine.

ALTERNATE ROUTE
Find a program that assists you in getting your HIV meds.



**Use this space to write down contact information
for local resources in your community.**

SYRINGE SERVICES PROGRAM

HEALTH CARE PROVIDER: HIV

HEALTH CARE PROVIDER: OTHER

SUPPORT GROUPS

TRANSPORTATION

OTHER