

Are you HIV Positive? ***Resources and links for living well with HIV***

Do you have HIV or AIDS and need help? Are you afraid to ask for help? Are you unsure of where to get help? The Florida Department of Health, HIV/AIDS Section are here to help you improve the quality of your life. The state of Florida offers a variety of confidential HIV/AIDS services and, in many cases, they are free.

New treatments, medications and support mean longer, healthier lives for people with HIV. The more you know about this chronic illness, the more you'll be able to work with your health care provider to manage your own health care.

Everyone approaches HIV in a different way. Most people have a lot of questions about HIV (what it means, what to do about it, how long will I live, where to get treatment, etc.). This site is the first step in finding the answers to some of those questions, but it should NOT be the last stop. You will need to work very closely with your health care provider to decide what is right for you.

If you haven't done so already, you would benefit from finding an agency which provides case management and other support services. The agency will provide you with a case manager—someone who knows a great deal about HIV programs/services, medications, treatments and related illnesses. If you prefer to contact your primary healthcare provider, ask your doctor to work closely with an HIV specialist to ensure that you receive all the benefits that you are eligible for, as well as the best care possible. Since HIV is a chronic illness, you may benefit from talking with someone who can help you through this difficult time. To give you support and help as you begin the process of entering care and treatment, your primary healthcare or case management provider can refer you to a counselor, social worker, someone living with HIV/AIDS, or mental health professional.

In addition to your healthcare or case management provider, you may want to connect with a local AIDS service organization in your area. They may be able to assist you with case management services, housing and transportation assistance, and information about HIV support groups in your local area to help you through this confusing time.

Keeping HIV-positive individuals physically healthy; ensuring that persons stay mentally healthy; preventing further transmission of HIV; and involving people living with HIV in prevention activities, leadership and advocacy are the goals of the Florida Department of Health, HIV/AIDS and Hepatitis Section.

Don't wait! Contact the Florida AIDS Hotline at 1-(800) FLA-AIDS or 1-(800) 352-2437. En Espanol, 1-(800)-545-SIDA. In Creole, 1-(800)- AIDS-101.

Stigma & Disclosure

Stigma surrounding HIV/AIDS and disclosure of one's HIV status are two complex issues faced by people living with HIV/AIDS. Disclosing one's HIV status is an extremely personal decision that most HIV-positive individuals face every day. Stigma occurs when others become prejudiced toward or discriminate against a person or group of people because they have a certain disease or practice a certain behavior or lifestyle. Stigma heavily impacts personal and

community prevention efforts, and can certainly have an effect on whether or not someone feels comfortable enough to disclose their HIV status.

Resources about HIV/AIDS-related stigma and disclosure:

Prevention for Positives: Dealing With Disclosure

<http://www.thebody.com/content/art32411.html>

<http://www.thebody.com/content/61753/disclosure-and-hiv.html>

NAM AIDSMAP

<http://www.aidsmap.com/resources/living-with-hiv/Telling-people-you-have-HIV/page/1254853/>

AIDSmeds: Your Ultimate Guide to HIV Care

http://aidsmeds.com/articles/Disclosure_4945.shtml

Positive Women's Network: Challenging HIV. Changing Women's Lives

<http://pwn.bc.ca/hiv-community/disclosing-your-hiv-status/>

Telling Others You Have HIV

<http://www.thebody.com/content/art50019.html>

The Positive Project: *First Person Stories from HIV-Positive People*

<http://www.thebody.com/content/66915/the-positive-project-first-person-stories-from-hiv.html>

California STD/HIV Prevention Training Center

<http://www.stdhivtraining.org/Podcasts.html>

- [Prevention with Positives: Stigma Podcast](#)

U.S. Equal Employment Opportunity Commission (EEOC)

www.eeoc.gov

HIV Acquisition/Transmission

Acquisition and transmission are of great concern for people living with HIV/AIDS. Acquiring another strain of HIV or other sexually transmitted diseases (STDs) could be very detrimental to the health of people living with HIV/AIDS. Transmitting the virus to a sex partner of negative or unknown status is emotional for one or both partners.

Resources about HIV/AIDS acquisition and transmission:

CDC- Living with HIV Resources

<http://www.cdc.gov/hiv/library/index.html>

Safer Sex

Practicing safer sex is important for everyone and particularly for HIV-positive individuals. Persons living with HIV/AIDS still need to practice safer sex to decrease the risk of being exposed to other sexually transmitted diseases (STDs) such as herpes, human papillomavirus (HPV), syphilis, and even other strains of HIV infection. For persons living with HIV/AIDS, these STDs can be more serious and can have an effect on an already compromised immune system. It is critical to continue to practice safer sex even if you and your partner are both infected with HIV. It is possible to be “re-infected” with a different strain of HIV, which in turn, may not respond to your current HIV medications. This new strain could also potentially be resistant to other HIV drugs, making it more difficult to treat. Promoting safer sex practices in your community can help it become a behavioral norm.

Resources about safer sex practices for people living with HIV/AIDS:

Safer Sex for the HIV Positive

<http://www.thebody.com/index/treat/prevpos.html>

Safer Sex Guidelines

<http://www.thebody.com/content/art6098.html>

In a Relationship with Someone who is HIV+

<https://www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/mixed-status-couples/>

Depression and Mental Health

Depression and mental health issues can lower the quality of life among HIV-positive individuals and their families, as well as affect adherence to HIV care and treatment programs.

Resources about depression and mental health:

California STD/HIV Prevention Training Center

<http://www.stdhivtraining.org/Podcasts.html>

- [Depression Podcast](#)

Coping with Stress, Anxiety and Depression & HIV

- <http://www.thebody.com/index/mental/stress.html#other>

HIV-Positive Test Results

Receiving a positive test result for HIV is just the beginning of multiple emotions and feelings. Knowing what care and treatment services are available and how to access them is extremely important to living well with HIV.

Resources about HIV-positive diagnoses and how to access care:

What if I'm positive?

<http://www.cdc.gov/hiv/basics/livingwithhiv/index.html>

Learn the Basics. Know the Facts. Take Care of Yourself

<https://www.aids.gov/hiv-aids-basics/index.html>

HIV Resource Center for Newly Diagnosed

<http://www.thebody.com/content/49985/just-diagnosed-with-hiv-aids.html>

Florida Department of Health, AIDS Drug Assistance Program (ADAP)

<http://www.floridahealth.gov/diseases-and-conditions/aids/adap/index.html>

Florida Department of Health, Community Programs (Ryan White, AIDS Insurance Continuation Program [AICP], Case Management, Peer Programs)

<http://www.floridahealth.gov/diseases-and-conditions/aids/patient-care/index.html>

Eligibility Information for HIV/AIDS Patient Care Programs

<http://www.floridahealth.gov/diseases-and-conditions/aids/patient-care/eligibility-information1.html>

Florida Department of Health, Housing Opportunities for People with AIDS (HOPWA)

<http://www.floridahealth.gov/diseases-and-conditions/aids/patient-care/hopwa.html>

Media Campaigns

HIV Stops with Me

<http://www.hivstopswithme.org/>

Greater than AIDS

<http://www.greaterthan.org/>

Federal Resources

Department of Health and Human Services, Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/hiv/default.htm>

U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) HIV/AIDS Programs

<http://hab.hrsa.gov/>

United States Department of Veterans Affairs

<http://www.hiv.va.gov/provider/manual-primary-care/prevention-for-positives.asp>

Educational Resources for Healthcare Professionals

California STD/HIV Prevention Training Center

<http://www.stdhivtraining.org/>

<http://www.stdhivtraining.org/Podcasts.html>

AETC National Resource Center

<http://www.aidsetc.org/>

- **HIV Prevention**
<http://www.aidsetc.org/topic/hiv-prevention>
- **HIV Continuum of Care**
<http://www.aidsetc.org/topic/hiv-continuum-care>
- **Transmission**
<http://www.aidsetc.org/searches/transmission>
- **Risk assessment and intervention**
<http://www.aidsetc.org/resource/hiv-risk-assessment-and-hiv-risk-reduction>
- **Prevention of Mother-to-Child Transmission**
<http://www.aidsetc.org/topic/prevention-mother-child-transmission>
- **Prevention with Positives**
<http://www.aidsetc.org/topic/prevention-positives>
- **Guide for HIV/AIDS Clinical Care**
<http://www.aidsetc.org/guide/contents>

Peer-Reviewed Journals and Other Academic Publications

JAIDS Journal of Acquired Immune Deficiency Syndrome
www.jaids.com

Prevention for Positives
<http://journals.lww.com/aidsonline/pages/results.aspx?txtkeywords=prevention+for+positives>

Secondary Prevention of HIV in the United States: Past, Current, and Future Perspectives
http://journals.lww.com/jaids/Fulltext/2010/12152/Secondary_Prevention_of_HIV_in_the_United_States_.12.aspx