



COVID-19 & HIV

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What is the risk for people living with HIV?

The data so far indicates that people with HIV, who are on effective HIV treatment, have the same risk for COVID-19 as people who do not have HIV.

If you are an older adult and/or have a serious underlying medical condition, you might be at increased risk for severe illness.

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.

- Wash your hands frequently with soap and water, avoid touching your mouth, nose and eyes, and cover your mouth with cloth or tissue when coughing or sneezing.



- Wear cloth face coverings in public places and keep at least six feet between you and other people.

- 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 and consider mail order, 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 county health department (CHD).

- Scan the code for the CHD.

