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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.**

