



Living a long and healthy life starts with HIV treatment.

LET'S STOP HIV TOGETHER



**Ending
the
HIV
Epidemic**



GET IN CARE

Starting HIV treatment early keeps you healthy. If you need help finding an HIV care provider near you, visit locator.hiv.gov.



LIVE WELL

Healthy eating and exercising offer benefits that can help you maintain good physical and mental health. Also, this will help your immune system fight off infections so you can live your best life.



STAY IN CARE

Treatment works best when you commit to sticking to your treatment schedule and doctor appointments. There are many HIV treatments available. Your doctor can help you find the right one for you.



BECOME UNDETECTABLE

Taking your medication as prescribed and keeping an undetectable viral load are the best things you can do to stay healthy, and doing so also prevents you from sexually transmitting HIV to your HIV-negative partner.

HIV TREATMENT WORKS. GET IN CARE TODAY.

cdc.gov/HIVTreatmentWorks