

GET in care

If you have HIV, make sure you get **regular medical care** and take your medicine to treat HIV the right way every day.

Today, you can live a longer, healthier life by being in medical care and on HIV treatment. Here's why it's important to get in care and stay in care.

TAKE CARE OF YOURSELF.

Getting medical care and staying on treatment will help you keep HIV under control and stay healthy for many years.

PROTECT OTHERS.

If you are living with HIV, staying on your HIV treatment not only keeps you healthy but also greatly lowers the chance of transmitting HIV to your partners.

YOU HAVE OPTIONS.

Your doctor can help you decide what HIV treatment options are best for you. See your doctor regularly and stay in care to live a longer and healthier life.

WHAT IF I DON'T HAVE INSURANCE?

There are programs to help pay for your care and treatment. If you don't have health insurance or if your health insurance doesn't cover the care you need, go to your local community clinic or campus health center to help you get into care.

Learn more about HIV treatment at

WWW.CDC.GOV/ACTAGAINSTAIDS

