



Name _____ Class _____ Date _____

Stay Active

Exercise can help maintain good physical and mental health. It can increase strength, endurance, fitness, and help the immune system work better to fight infections.



Be active every day



Take HIV medications every day

Take Medications

Effective treatment depends on taking HIV medicines every day and exactly as prescribed. Keep all appointments with health care providers.



Keep all medical appointments

Limit alcohol

Staying

Get recommended



PREVIEW

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body with energy & nutrients to fight HIV and other infections; helps maintain a healthy weight; improves absorption of medicines; helps manage potential side effects.

may have a poorer response to antiretroviral therapy (ART). They also have a shorter lifespan than people with HIV who do not smoke.

Dealing with HIV Stigma

HIV-related stigma refers to negative beliefs, feelings and attitudes towards people living with HIV, their families, HIV health care providers, and members of groups that have been heavily impacted by HIV, such as gay and bisexual men, homeless people, street youth, and mentally ill people.

HIV discrimination refers to the **unfair and unjust treatment** of someone based on their HIV status. HIV discrimination is often fueled by false information about HIV and AIDS, and pre-existing biases against certain groups or sexual behaviors.

People with HIV are entitled to the same rights as any other patient in the medical system. These rights include safety, competent medical care, and confidentiality. The **Americans with Disabilities Act (ADA)** protects people who are discriminated against because they have HIV or have a relationship with someone with HIV.



Name _____ Class _____ Date _____

Stay Active

Take Medications



Staying



PREVIEW

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Dealing with HIV Stigma


