

WHAT YOU CAN DO

HIV / AIDS Treatment

Taking your HIV medicine the right way is the most important thing you can do to stay well.



Take all of your medicines every day.

- Take all of your medicines every day. Don't miss doses.
- Keep all appointments with your doctor. HIV infection can get worse without your knowing it.
- Never stop taking just one of your HIV medicines: this may keep other medicines from working.
- Call your doctor if you get a fever or rash, can't hold down liquids, lose weight, feel sick, or think you are having a problem with your medicine.

Ask your doctor what you can do to be sure you take your medicines the right way every day.

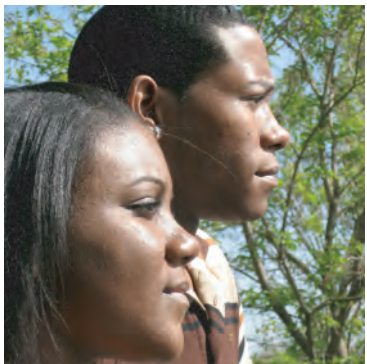
Ask your doctor about getting shots against common pneumonia and flu.

Ask your doctor about diet, exercise, stopping smoking, safe sex and other things you can do to keep healthy.

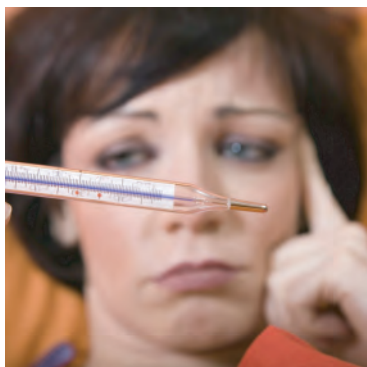
Ask your doctor how to keep your baby from getting HIV if you are pregnant or are planning to have a baby.

Before you begin taking your medicine, ask your doctor or pharmacist these questions:

- What does each medicine do? _____
- How many times a day should I take my medicine? _____
- For how long should I take my medicine? _____
- Do I need to keep any of my medicines in the refrigerator? _____
- Should I take my medicines with or without food? _____
- Are there any foods or drinks I should not have while taking my medicine? _____
- Can I take my HIV medicine with other medicines? _____
- If I forget to take my medicine, what should I do? _____
- If there are warning labels on the medicine bottle, what do they mean? _____
- What are the side effects of each medicine? _____
- Is this medicine safe to take if I am pregnant? _____
- Should I bring my medicines to my next doctor visit? _____



Ask your doctor about HIV and having a baby.



Call your doctor if you have a fever or feel sick.

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For more information, go to www.MedlinePlus.gov

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