

Living with HIV: Steps to Better Health



Be active regularly

M T W T F S S



**Take ART (antiretroviral treatment)
as directed**



**Keep all
appointments with
your health care
providers**



**Eat healthy food
that is safely
prepared**

Staying Healthy With HIV



Don't smoke or use unprescribed drugs



Limit alcohol



**Get vaccines recommended by your
health care provider**



**Use condoms or other barrier
methods during sex**

For more information, visit HIVinfo.NIH.gov.