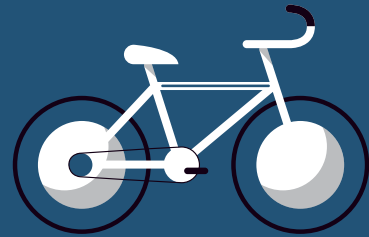


Living with HIV: Steps to Better Health



Be active every day

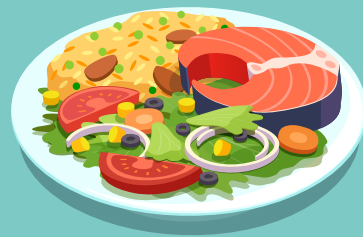
M T W T F S S



**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



Get recommended vaccinations



Don't smoke or use drugs



Limit alcohol



Use condoms during sex

For more information, visit [HIVinfo.NIH.gov](https://www.hivinfo.nih.gov).