

Preparing for COVID-19 if you're living with HIV

TAKE ACTION TO AVOID COVID-19



Follow the general prevention advice.

CONTINUE YOUR TREATMENT



Take your ART to keep your immune system healthy.

STOCK UP ON ART



Have a **30-DAY** supply of your ART, ideally 3 months.

CHECK YOU'RE UP TO DATE...



...with your immunisations.

HAVE A PLAN IN PLACE...



...for if you feel unwell and need to stay at home.

LOOK AFTER YOURSELF



Eat well, exercise and look after your mental health.