

**#PGCCOVID19**

**WHAT TO KNOW  
ABOUT  
HIV AND COVID-19**



**ARE PEOPLE LIVING WITH HIV AT GREATER RISK?**

The risk for people with HIV getting very sick is greatest in:

- People with a low CD4 cell count
- People with a higher viral load
- People not on HIV treatment

**HOW CAN PEOPLE LIVING WITH HIV PROTECT THEMSELVES FROM COVID-19?**

- Have a 30- to 90-day supply of your HIV medication
- Arrange for telehealth services with your doctor, if possible
- If you become sick, do not wait to seek medical care
- Practice physical distancing from others (at least 6 feet); connect with friends or family online

**ALSO, FOLLOW THESE IMPORTANT GENERAL GUIDELINES TO STAY PROTECTED:**

- Wash your hands often
- Stay at home as much as possible
- Wear a face cover if you go to the store or use public transit
- Maintain a strong immune system: get rest, eat right, reduce stress

Source: cdc.gov

Stay informed and updated about COVID-19, visit [health.mypgc.us/coronavirus](https://health.mypgc.us/coronavirus).

Find out about the County's HIV/AIDS services by calling 301-583-3150, and get information about the our effort to end the HIV epidemic at [health.mypgc.us/endingHIV](https://health.mypgc.us/endingHIV).

