

Living With HIV During COVID-19

It's a stressful time, especially if you're living with HIV. However, with the right answers and resources, you have what you need to take care of yourself and your health.

Talk to your healthcare provider about any questions or concerns you may have.

Are those living with HIV at a higher risk?

Although there's no specific information from the **CDC** on the risk of COVID-19 in people with HIV, the highest risk is with those who have a low CD4+ cell count and those not on HIV treatment. Stick to your treatment regimen to keep your immune system strong. For guidance for those living with HIV during COVID-19, visit [AIDSinfo](#).

What are the recommendations for those living with HIV during COVID-19?

According to the CDC, there are preventive measures you can take every day to help protect yourself if you are immunocompromised. There is no need to panic and being prepared can help you feel more confident.

For information for those living with HIV, visit the [CDC's HIV and COVID-19 page](#).

Concerned about staying adherent to HIV treatment?

If you are having a hard time remembering to take your medication as prescribed, be honest and tell your doctor. They'll help decide if a change in treatment could help lower your chances of developing HIV drug resistance with close follow-up and monitoring.

Are you looking for help with your mental health?

With the stress of a pandemic paired with physical distancing, it's normal to struggle with your mental health.

- For information on managing stress during this time, visit the [CDC's coping with stress page](#).

Worried about how physical distancing could impact your HIV treatment?

Staying adherent to your treatment is just as important as following precautions.

- Ahead of your next appointment, call your doctor's office and ask about their preventive COVID-19 measures.
- Ask your healthcare team about telehealth options.
- It's important you try to keep at least a 30-day supply of medication. Talk to your healthcare provider or pharmacy about medication delivery services.

Worried about paying for treatment?

Many people have lost their jobs or insurance because of the pandemic. Paying for treatment shouldn't be another worry.

- Reach out to your healthcare team to find out what cost-support options may be available.
- If you've lost your job during COVID-19, visit this [Janssen CarePath resource](#) for information.

Have you been diagnosed with HIV recently?

Being diagnosed with HIV is scary any time, and with the ongoing pandemic, it's even more overwhelming. Remember, you have access to all the support and knowledge you need.

- You may want to begin treatment as soon as possible. To learn more, ask your doctor about rapid initiation.

How can I keep track of new information?

Listen to the experts. Talk to your healthcare provider about any questions or concerns you have.