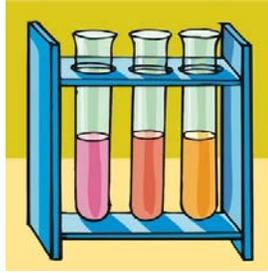


HIV/AIDS - CD4 Count

What is a CD4 cell or T-cell?

CD4 cells or T-cells are the “generals” of the human immune system. These are the cells that send signals to activate your body’s immune response when they detect “intruders,” like viruses or bacteria.



Because of the important role these cells



play in how your body fights off infections, it’s important to keep their numbers up in the normal ranges.

This helps to prevent HIV-related complications and opportunistic infections.

It’s all about the numbers!

A normal CD4 count ranges from 500–1,000 cells/mm³. When your CD4 count is 350 cells/mm³ or less, it’s time to consider treatment.

Recent research has indicated that it may be easier to maintain higher CD4 counts if you start HIV treatment before your CD4 counts drop below 350 cells/mm³. You should discuss when to begin treatment with your healthcare provider and choose the approach that is best for you.



A CD4 count of fewer than 200 cells/mm³ is one of the qualifications for a diagnosis of AIDS. Your CD4 count can vary from

day to day. It can also vary depending on the time of day your blood is drawn and on whether you have other infections or illnesses, like the flu or STDs.

Typically, your healthcare provider will check your CD4 counts every 3-6 months.



Be sure to get answers to any questions you have about HIV/AIDS. Your public health department and health care provider can help.

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