

Stay healthy - Living with HIV, part 1

Get vaccinated

Vaccines are medicines that protect you from diseases such as chicken pox, influenza or flu, and polio. There is no vaccine to prevent HIV. Talk with your doctor about which vaccines you need and that are safe for you to get.



Eat a healthy diet

Eating a healthy diet and preparing food safely is especially important for someone with HIV. Choosing healthy foods can help you keep a healthy weight and protect your immune system.

To be safe, don't eat or drink the following foods:



- Raw or undercooked eggs. These may be found in homemade mayonnaise or uncooked cookie dough
- Raw or undercooked poultry, meat, and seafood, especially raw shellfish
- Unpasteurized milk, cheeses, and fruit juices
- Raw seed sprouts, such as alfalfa sprouts or mung bean sprouts

If you have a sore mouth, diarrhea, nausea or vomiting, or poor appetite, then eating healthy might be hard. Talk to your doctor or nurse.

Alcohol use

Alcohol and drug use are common among people who have HIV or have a higher chance of getting HIV. Drug and alcohol use can also interfere with your treatment or make side effects of medicine worse. If you are under the influence you might forget to take your medicine.

If you can't stop, your doctor can help you find a drug or alcohol treatment plan that will work with your HIV treatment.

Travel safely

Don't drink untreated water directly from lakes or rivers. Tap water in some countries may not be safe. Use bottled water or water filters.



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

Text is from HIV/AIDS sources from the Department of Health and Human Services and adapted by HealthReach and Healthy Roads Media. This project has been funded in whole or in part with Federal funds by the National Library of Medicine award number HHSN276201500011I awarded to the Center for Public Service Communications. Images from iStock.com.

Creation Date: March 2017