

The special people in your life - Living with HIV, part 2

You are not alone. Many people are living with HIV. Most people with HIV can live long healthy lives if they get medical treatment and take care of themselves.

Family and Friends



You may fear that friends or family would leave you if you have HIV. You might worry about being judged or feel guilty about past drug use or sexual behavior. Instead, you may find that family and friends can provide lifelong care and support to help you deal with the stresses of having HIV.

Coworkers

The decision to talk about your HIV status at work is a deeply personal choice. It can create supportive relationships with your coworkers. On the other hand, it may have the opposite effect and cause them to treat you differently. Think carefully about which people to tell as you learn how to live and work with HIV.

Children

Know your child! This understanding will help you as you help them understand HIV and how you are living with it. Kids are likely to worry about their own health. Make sure your children know they can't "catch" HIV from living with you.

Let your child's teacher or principal know that you are dealing with a health problem. They can help provide support for your child at school.



HIV-Negative Partners

A "mixed-status" relationship is a sexual relationship in which one partner is HIV-positive and the other is HIV-negative. For mixed-status couples, the possibility of HIV infection is a real risk, but you can lower this risk. You and your partner should talk openly and often about safer sex practices and HIV prevention.



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.

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