

The first steps - Newly diagnosed with HIV, part 1

If you have just been diagnosed with HIV, it's important to find an HIV care provider, even if you don't feel sick.



Once you have been diagnosed with HIV, you need to pay closer attention to your health than you did before. Your HIV care provider will be the person who works with you to manage your HIV. He or she will monitor your health and work with you to develop the best treatment plan for you.

People newly diagnosed with HIV infection have many questions, such as:

- Because I have HIV, will I eventually get AIDS?
- What can I do to stay healthy?
- How will HIV treatment affect my lifestyle?
- How should I tell my partner that I have HIV?
- Should I tell my employer?
- Are there support groups?



Many people find it helpful to write down questions before a medical appointment. Some people bring a family member or friend to their HIV appointments to remind them of questions to ask and to write down the answers.



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.