

RECENTLY DIAGNOSED



Being diagnosed with HIV can be a tough experience. Many people may feel helpless in light of the uncertainty posed by this new situation. There are, however, increasingly hopeful reasons to adopt a positive attitude towards the disease.

Many studies suggest that the life expectancy of most people diagnosed with and treated for HIV is very similar to that of the population at large. Knowing that you are living with HIV can therefore help you to maintain or improve your health in the future.

There is some basic advice that you may find useful initially:

01 TAKE YOUR TIME

Many people need to get used to the new situation and the impact it can have on their life, on their family or at work. You very often need to consider whether you want to tell people and whom you will tell. All this can take a while. Do not feel pressurised to make immediate decisions.

02 TALK TO OTHER PEOPLE WITH HIV

Discovering the experiences of other people with HIV can be very helpful and reassuring. Remember that we are not alone: many people understand exactly what you are feeling right now.

03 FIND OUT ABOUT HIV AND THE ILLNESS

Medical information about HIV is advancing very quickly. It is therefore a good idea to obtain up-to-date information from trustworthy sources. Taking information in doses can be a strategy to avoid feeling overwhelmed in the first few months.

04 GO TO MEDICAL APPOINTMENTS

The first weeks and months are critical to determine your state of health and HIV infection status. You should therefore visit hospital several times for different tests and analyses. Not skipping any appointments is crucial at this early stage.

05 SEEK EMOTIONAL SUPPORT

Many people cannot overcome the impact of HIV on their lives by themselves. Do not be embarrassed to turn to professionals for emotional and psychological support. Find out about health and community resources offering this kind of support for free in your city.

06 SEEK SOCIAL SUPPORT

Some people are experiencing complicated life situations that could get worse after being diagnosed with HIV. If this applies to you, you can talk to your doctor or to nurses who can refer you to the hospital social worker or to an NGO.

07 ADAPT TO THE NEW SITUATION

There are very few things you will have to give up because you have HIV. You can continue working, having sex, doing sport, travelling, going out with friends and even having children if you wish. Find out the impact that HIV may have on your normal activities and how to adjust to it. You will discover that it is easier than you imagine.



GTT-VIH
GRUPO DE TRABAJO SOBRE
TRATAMIENTOS DEL VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIÓN



Generalitat de Catalunya
Departament de Salut
PROGRAMA DE PREVENCIÓ I ASSISTÈNCIA
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Secretaría del Plan Nacional sobre el Sida



Ajuntament de Barcelona
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