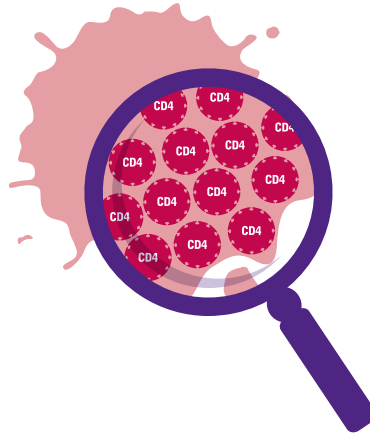


It's important for all people with HIV to take regular blood tests. The two most important blood tests are for CD4 and viral load.

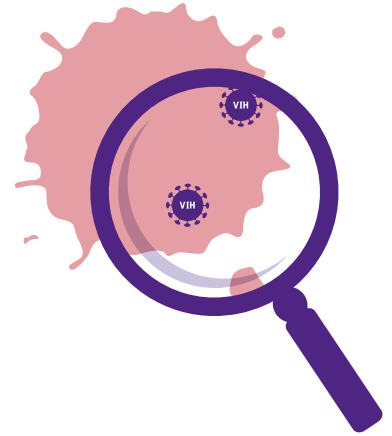
**1** CD4 cells are the most important cells in the immune system. Our immune system protects us against infections and illness.



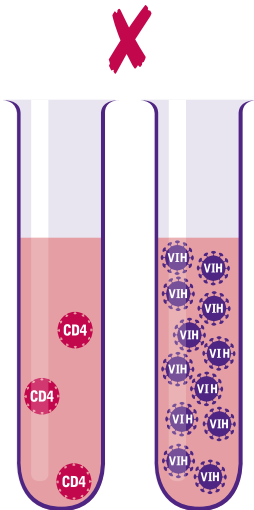
**2** The CD4 count tells you how many CD4 cells there are in a drop of blood. The more there are, the better.



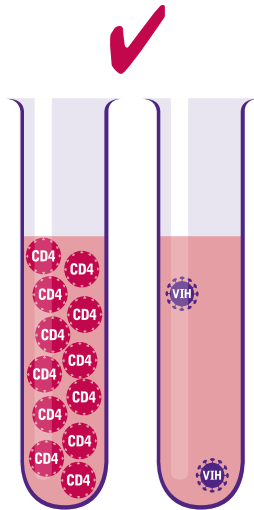
**3** Viral load measures how much HIV there is in a drop of blood. You want to have as little HIV as possible.



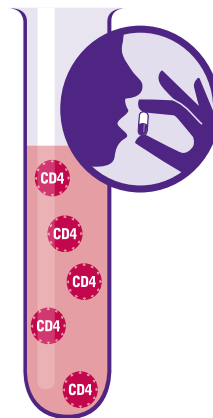
**4** When the CD4 count is low, the viral load is usually high. This situation is not good.



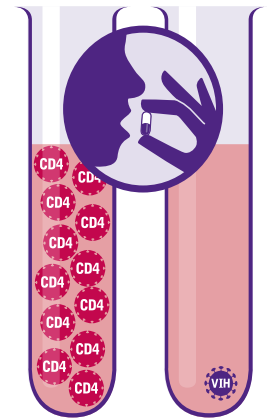
**5** When the CD4 count is high, the viral load is usually low. This is much better.



**6** If your CD4 count has dropped to 350 or below, it's recommended you start treatment.



**7** The result of treatment should be the CD4 going up, and the viral load going right down.



### Important points

● CD4 and viral load test results give essential information about the effect HIV is having on your body.

● The aim of HIV treatment is to have a very low (or 'undetectable') viral load and a high CD4 count.



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**POR FAVOR, FOTOCOPIALO Y HAZLO CIRCULAR**

Subvencionado por:



Generalitat de Catalunya  
**Departament de Salut**  
Pla Director d'Immigració

Ajuntament de Barcelona  
Àrea d'Acció Social y Ciutadania



### Results guide

#### Quick guide to test results

##### CD4 counts

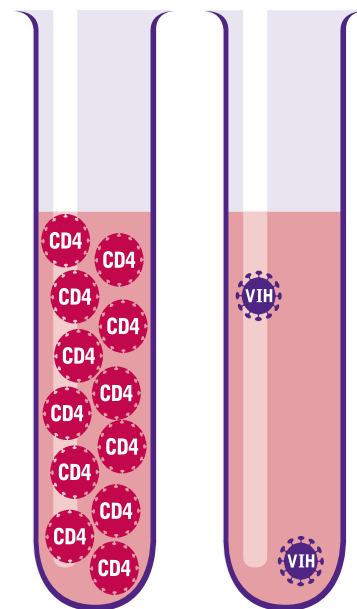
- Between 500 and 1200 = usual for people who don't have HIV
- Above 350 = HIV treatment isn't usually recommended
- Below 350 = HIV treatment is recommended
- Below 200 = there is a higher risk of illnesses and infections, so HIV treatment is recommended

##### Your doctor may give your CD4 results as a percentage

- Above 29% = similar to a CD4 count of above 500
- Below 14% = similar to a CD4 count of below 200

##### Carga viral

- Between 100,000 and 1 million = high
- Below 10,000 = for people with HIV not on treatment, this is low
- Below 50 = known as an 'undetectable' viral load. The aim of HIV treatment is to have an undetectable viral load.



### Notes



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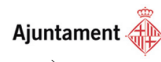
MINISTERIO  
DE SANIDAD  
Y POLÍTICA SOCIAL

Secretaría del Plan Nacional sobre el Sida



Generalitat de Catalunya  
Departament de Salut

Pla Director d'Immigració



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