

## COVID-19 AND HIV: BASIC INFORMATION



**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

SUBVENCIONA

GOBIERNO DE ESPAÑA MINISTERIO DE SANIDAD, CONSUMO Y BIENESTAR SOCIAL  
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Diputació Barcelona  
ÀREA DE BENESTAR SOCIAL

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¿TIENES DUDAS  
SOBRE EL TEMA?  
PREGÚNTANOS

Tel. 93 458 26 41  
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¡POR FAVOR FOTOCÓPIALO Y HAZLO CIRCULAR!

People with HIV can also get SARS-CoV-2, which is the coronavirus that causes COVID-19. Following some advice and applying strategies will help you to avoid infection with SARS-CoV-2 and to stay healthy in times of COVID-19.

### 01

ARE WITH HIV AT GREATER RISK OF SHOWING SEVERE COVID-19 SYMPTOMS?



**If you take antiretroviral treatment, have an undetectable viral load and your CD4 T-cell count is normal**, so far there has been no evidence to suggest that you are at greater risk of developing severe symptoms of COVID-19 than the population at large.



**If you are over 60 years old and/or have other medical complications –as well as HIV–**, like other people in the same circumstances, you may be at greater risk of complications associated with COVID-19.



**If you are not taking antiretroviral treatment yet or if you take it irregularly**, you may be at greater risk of developing complications associated with COVID-19.

### 02

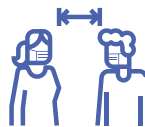
STRATEGIES FOR STAYING HEALTHY IN TIMES OF COVID-19



**Taking antiretroviral medication every day** will help you to maintain an undetectable viral load and to build up your defences.



**Always observe general measures of prevention:** wash your hands frequently and thoroughly with soap and water; avoid touching your eyes, nose and mouth; and cover your mouth and nose with a bent elbow when coughing or sneezing.



**Minimize exposure to COVID-19:** observe a distance of at least 1.5 metres between people and wear a mask properly.



**Keep up-to-date with your vaccinations:** vaccinate against the flu and pneumococcus.



**Talk to your HIV doctor before going to the surgery** and establish whether the next visit will be face-to-face or remote (by telephone for example).



**Make sure you have a supply of at least 30 days of antiretroviral medication at home.** If you are unable to go to the hospital pharmacy to collect the medication, ask whether it may be sent to you at home.



**If you take medication for illnesses other than HIV,** make sure you always have extra doses in case you have to stay at home.



**Take care of your mental health.** Keep in frequent contact with friends and family through chats, social media or video calls. Remember that distance is physical and not social.



**Avoid too much exposure to potentially overwhelming information.** Keep informed through reliable sources.



**Eat healthily, sleep well, and exercise regularly** even if you have to stay at home.



**If you have COVID-19 symptoms, contact your health centre or the telephone helpline established by your autonomous community.**

## FREE COVID-19 HELPLINE NUMBERS

Andalusia	900 400 061 / 955 545 060
Aragón	976 696 382
Asturias	984 100 400 / 900 878 232 / 112 + 1
Cantabria	900 612 112
Castile-La Mancha	900 122 112
Castile and León	900 222 000
Catalonia	061
Ceuta	900 720 692
Madrid Com.	900 102 112
Valencian Com.	900 300 555
Extremadura	900 222 012
Galicia	900 400 116
Balearic Islands	902 079 079 / 971 437 079
Canary Islands	900 112 061
La Rioja	941 298 333
Melilla	112
Murcia	900 121 212
Navarra	948 290 290
Basque Country	900 203 050



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