


Your clinic calls this a medicine buddy.

Making it work for you

- Choose the same time EVERY DAY - like when you brush your teeth? Or have a meal?
- Get a family member or friend to help you - maybe they take meds too?
- Try setting an alarm on your phone
- Almost all meds should be taken with or after food- ask your clinic team

If you take your meds well your virus should be asleep in 16 weeks! Then keep going (see leaflet "Keeping going and It") to get into a good routine.

Be in control of your health



Your clinic calls this HAART - "Highly Active Antiretroviral Therapy"

MEDS AND IT

With thanks to all the young people who worked on this leaflet and gave their time and advice

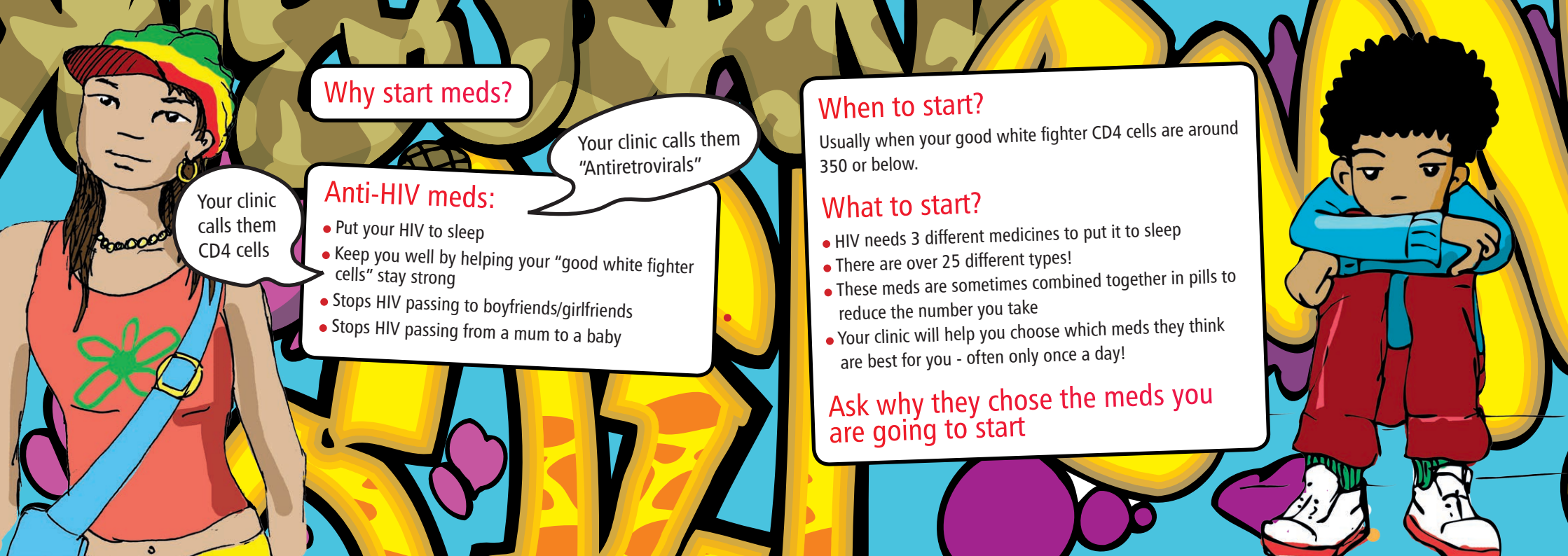
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Why start meds?

Your clinic calls them CD4 cells

Anti-HIV meds:

- Put your HIV to sleep
- Keep you well by helping your "good white fighter cells" stay strong
- Stops HIV passing to boyfriends/girlfriends
- Stops HIV passing from a mum to a baby

Your clinic calls them "Antiretrovirals"

When to start?

Usually when your good white fighter CD4 cells are around 350 or below.

What to start?

- HIV needs 3 different medicines to put it to sleep
- There are over 25 different types!
- These meds are sometimes combined together in pills to reduce the number you take
- Your clinic will help you choose which meds they think are best for you - often only once a day!

Ask why they chose the meds you are going to start