

## **HOW IS LIFE LIVING WITH HIV**

If you're living with HIV, taking effective HIV treatment and being undetectable significantly reduces your risk of passing HIV on to others.

You'll also be encouraged to:

- Take regular exercise
- Eat a healthy diet
- Stop smoking
- Stop having sex

There is no remedy for HIV and AIDS because it is an incurable disease, the immune system will become severely damaged, and life-threatening illnesses such as cancer and severe infections can occur.