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