

# COVID-19

Information for people living with HIV to stay healthy and prevent COVID-19

## PREVENT COVID-19

Wear a mask



Keep your distance



Wash your hands



Avoid crowds



Stay home if sick



## STAYING HEALTHY WITH HIV

People living with HIV, especially those with low CD4 counts, may be more likely to experience severe illness or complications from COVID-19. Ask your provider if you do not know your CD4 count.

You have the power to take control of your HIV health and keep your immune system strong.

- **Take your HIV medications daily as prescribed.**  
The Nexus Program can help you stay on track with your treatment and refer you to support services based on your unique circumstances.
- **Keep your HIV medical and lab appointments.**  
If you are undetectable, it's important to have at least one lab and HIV medical appointment a year. If you aren't yet undetectable, you may need more frequent appointments.
- **Keep a healthy lifestyle.**  
Eat nutritious foods, get at least 8 hours of rest every night, and exercise for 30 minutes daily and reduce your stress as much as possible.

## DO I HAVE COVID-19?

- Contact your health care provider and get tested.
- Continue taking your HIV medications as prescribed.
- Get emergency medical care immediately if you have severe symptoms.



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## VACCINE INFORMATION

All people living with HIV are recommended to receive a COVID-19 vaccine regardless of CD4 count or viral load. Talk to your health care provider if you have questions or concerns about whether getting a COVID-19 vaccine is right for you.

### Vaccine Facts



Vaccines for COVID-19 are safe and effective



The vaccines were tested with people living with HIV



People living with HIV get priority vaccine appointments

### Scheduling a Vaccine Appointment

In Virginia, everyone aged 16 and older is eligible to get vaccinated against COVID-19.

Find a vaccine appointment:

- Online at [Vaccine Finder](#)
- By phone at: 877-VAX-IN-VA / 877-829-4682
- Fairfax County residents: [create online VAMS account](#)

If you have a hard time finding an appointment that works for you through the vaccine finder online, you can visit the [Virginia Statewide Pre-Registration System](#) to pre-register for a priority appointment. Your local health department will call you within a week to schedule your appointment.

## MENTAL HEALTH

Many people are experiencing sadness, loneliness, anxiety, or stress because of COVID-19. The Nexus Program can help you find a mental health provider.

Or call/ text a confidential and free support line, VA COPES at:

- 877-349-6428
- Monday – Friday 9 a.m. to 9 p.m.
- Saturday & Sunday 5 p.m. to 9 p.m.
- English or Spanish



## FOR MORE INFORMATION

- Virginia Department of Health [COVID-19 Vaccine Patient Education](#)
- Centers for Disease Control and Prevention [What to Know About HIV and COVID-19](#)
- Centers for Disease Control and Prevention [When You've Been Fully Vaccinated: How to Protect Yourself and Others](#)
- Centers for Disease Control and Prevention [About COVID-19 Vaccines](#)
- Virginia Department of Health [Resources and Support](#)