



# HIV/AIDS RESOURCE GUIDE

## ABOUT HIV/AIDS

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- HIV is a **manageable illness**.
- Having accurate information is vital - **Learn more** about the difference between HIV and AIDS, and the viral process of HIV. You can learn about the different stages of HIV and other basics about the illness on the Center for Disease Control and Prevention's (CDC) website (listed below), or from a local health center or clinic.
  - For quick facts about HIV and the intersection of HIV and DV, see the **Fact Sheets** in the *Positively Safe Toolkit*.
- **You can access resources in your area** - Find out from your state health department about testing centers, community involvement, and other services available in your state.
  - If you would like to learn more about the resources available, go to your state health department's website and search "HIV/AIDS."
  - Health centers and clinics specializing in HIV/AIDS often offer case management and counseling. Find one near you by visiting <https://locator.hiv.gov/>

**Support for individuals living with HIV is important.** Support groups help reduce isolation, increase empowerment and are great sources of information for managing the challenges of living with HIV. Contact HIV/AIDS organizations in your state or community to learn about local support groups available near you. Most are available free of charge and, in some areas, there may be groups especially designed for specific groups such as HIV positive women. Online support groups or forums are also available.

## FREQUENTLY ASKED QUESTIONS

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- What is HIV? What is AIDS?
- What are the stages of HIV/AIDS?
- What to think about when choosing a doctor?
- What are options for treatment? What effect does treatment have?
- What medication is used to treat HIV/AIDS? What are the side effects?
- How can I afford medication for HIV/AIDS? Is there financial assistance available for patients?

## FOR ANSWERS TO THESE QUESTIONS AND ADDITIONAL RESOURCES:

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- [www.aids.gov](http://www.aids.gov)
- [www.cdc.gov/hiv](http://www.cdc.gov/hiv)
- [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)
- 1-800-CDC-INFO (1-800-232-4636), TTY: 1-888-232-6348 (24/7), English and Spanish