

# A Day in the Life of Andy with HIV



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# Andy, the School Teacher

This is a story about Andy. Andy is a school teacher and was diagnosed with HIV in 2015.

Before Andy's diagnosis, she was feeling very sick and didn't know what was wrong.



# What is HIV?

*HIV is a virus that attacks the cells that help the body fight infections.*

Andy went to the doctor to find out what was wrong. The doctor gave her a blood test and told her that she had HIV.



# Having HIV is scary!

When she heard the doctor tell her that she had HIV, she was very frightened and thought her life was over!

She had heard many bad stories about how people were treated that had HIV.



# Meeting others with HIV

A few days later, Andy met a girl that told her she had HIV too!

She explained to Andy that you can do almost anything you want as long as you go to the doctor and follow their orders.



# Living a normal life with HIV

Andy was so happy to find out that she could have HIV and still have a normal life!

She could get married, have kids, get a job, and even become a teacher!

All these things are possible as long as doctor appointments, medication and treatments are routinely kept up.



# Living with HIV

Today, Andy lives a normal and healthy lifestyle.

She starts her day by going to her doctor's appointment. She gets blood work done to make sure her HIV is under control. **It is!**



# Being pregnant with HIV



When Andy is at the doctor's office she received some very exciting news. Her pregnancy test came back positive. She's pregnant!

Now, Andy worries that her child might be born with HIV.



# How to have a healthy pregnancy

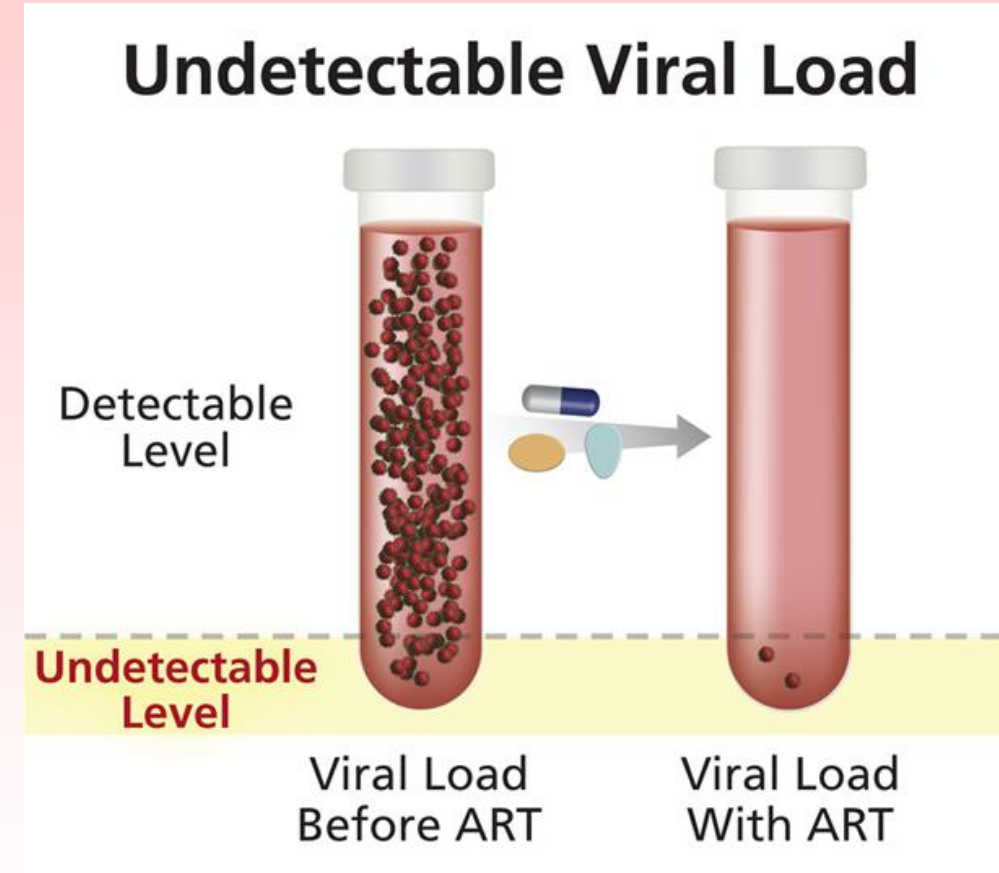
Her doctor explains that if she continues her treatment for HIV during her pregnancy, the risk of transmitting HIV to her baby drops to less than 1%!

Andy is very happy to hear this. She plans to follow her doctor's orders so she will have a healthy baby.



# It's important to test often

Andy always tests her blood to make sure to keep her viral load undetectable. This keeps her from spreading HIV to her husband and her baby.



# Teaching others



After her doctor visit, Andy heads to school where she teaches. Today, Andy will be teaching her class about HIV, symptoms and treatment.

# HIV Symptoms

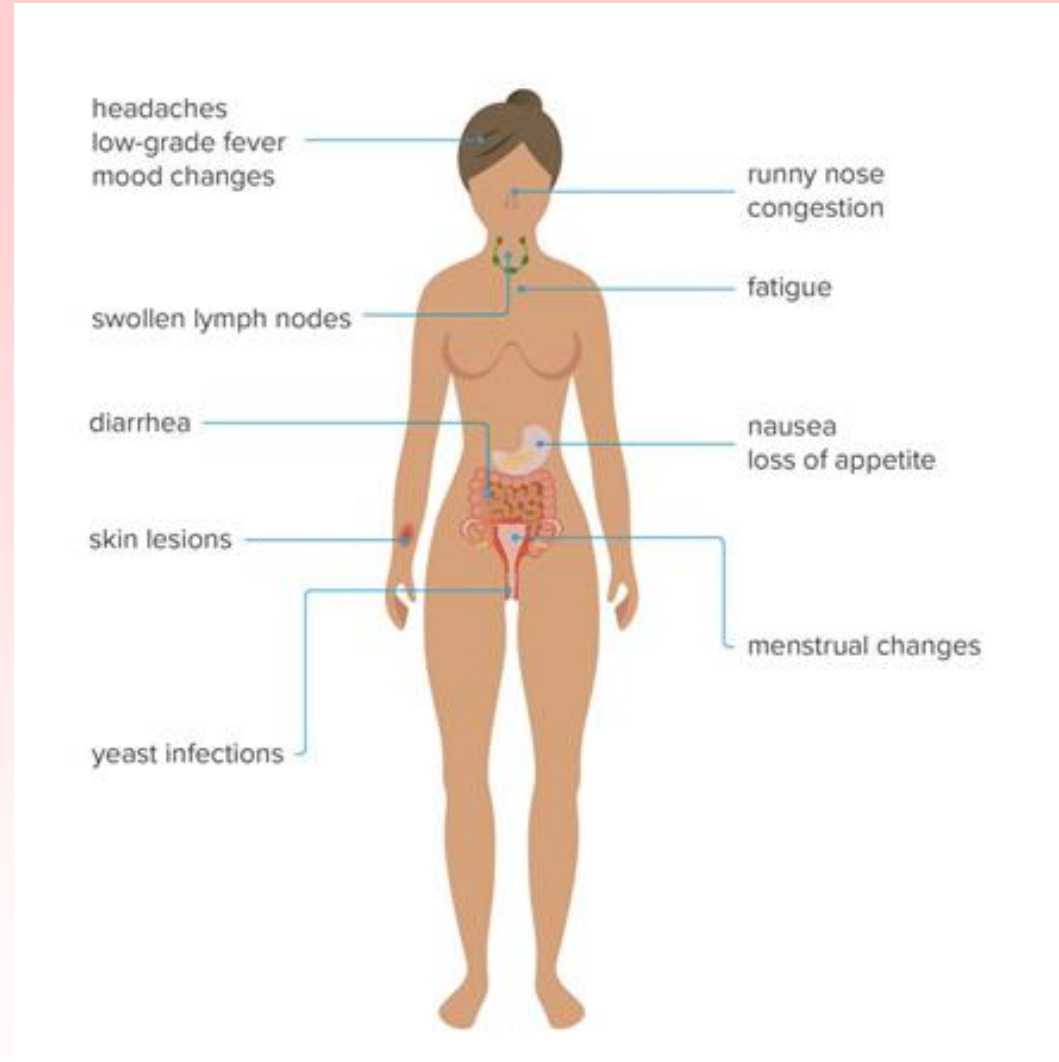
Andy is glad that she can tell her class about HIV so they will know what to do if, in the future, they also become infected.

## Symptoms of HIV include:

- Headaches
- Low grade fever
- Runny nose ( flu like symptoms)
- Fatigue
- Swollen lymph nodes
- Skin lesions
- Yeast infections
- Nausea
- Menstrual changes

# HIV Symptoms

Andy explains about some symptoms that a woman may experience.



# Tips & Recommendations

Andy then tells her students some tips and recommendations to help people living with HIV.



- Avoid eating food with garlic
- Stay on top of your medications
- Use protection when having sexual intercourse
- Go to regular checkups
- Inform yourself about HIV
- Spread your knowledge on HIV

# HIV Testing

Andy tells her class that the most important thing to do if you experience these symptoms, is to be tested for HIV as soon as possible.

She knows that the key to fighting HIV and increasing the chances of living a longer and normal life depends upon early testing.





## A top-down view of a rustic wooden table laden with an assortment of fresh, healthy food items. The collection includes a variety of fruits such as apples, oranges, a whole pumpkin, cucumbers, and berries. Vegetables like asparagus, carrots, and leafy greens are also present. Protein sources include a large piece of salmon, a roast of meat, eggs, and various nuts and seeds. Dairy products like cheese and butter are visible. Small bowls and containers hold different types of beans, lentils, and spices. The overall scene conveys a sense of wholesome, natural nutrition.



# Andy is a mom!

Andy's baby is here!

She is so happy that because she followed her doctor's orders and kept up her medication, her baby was born healthy.



**Now Andy has a message for you!**

If you believe you might have been exposed to HIV- **please get tested!**

There are millions of people living with HIV everyday.

All of us are cheering you on through your entire fight against HIV!

We wish you a long, wonderful life with many blessings!

# References



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