



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

Living with HIV: Steps to Better Health

You can reduce your risk of getting or transmitting HIV...

Practice safer sex



Use PrEP

or pre-exposure prophylaxis, which can prevent you getting HIV, including during pregnancy and breastfeeding

Use sterile needles



Get tested and treated for sexually transmitted infections (STIs)



Be active every day

MTWTFSS

Take ART (antiretroviral treatment) as directed



Keep all appointments with your health care providers



Eat healthy food that is safely prepared

Staying Healthy With HIV



Get recommended vaccinations



Don't smoke or use drugs



Limit alcohol



Use condoms during sex

#UHCares

Source: WHO HEALTH ADVISORY

Trunkline: (046) 481-1900

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:30 am - 8:30 pm; Fri 11:30 am - 8:30 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm
- ★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph