



**GAUTENG PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# HAVE YOU TESTED POSITIVE FOR HIV

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# BUT ARE NOT YET ON TREATMENT?



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## Do you know your HIV status?

If you have not yet tested for HIV, it is important to test as soon as possible so that you can take treatment if you test HIV-positive.

If you tested HIV-positive but are not yet on treatment, or you stopped treatment for whatever reason, it is important to go to your nearest clinic to take HIV treatment - antiretrovirals (ARVs) - as soon as possible.

## Why is it important to be on ARVs if I'm HIV-positive?

- ARVs are powerful, life-saving drugs that control the HIV by slowing down the rate at which the HIV virus multiplies in the body
- By slowing down the rate at which the HIV virus multiplies, ARVs make it possible for you to live a longer and healthier life provided you get treatment early, and stay on treatment
- Getting treatment early and taking treatment faithfully can reduce the amount of HIV in the body (viral load), leading to a longer, healthier life

If you have stopped taking ARV treatment for whatever reason, please go to your nearest clinic to start treatment as soon as possible. It is important to stay on ARV treatment and to take your medication daily as directed by your nurse or doctor.

## What will happen if I do not take my treatment correctly?

- Your body can build up resistance to medication, leading to the medication not working properly
- Increasing the risk of unwanted side-effects
- HIV can attack your immune system, making your body weak and unable to fight many diseases. This will lead to your CD4 count dropping (the soldiers of your body) and increase your risk of dying
- Remember, ARVs are the best possible treatment for HIV and enable HIV-positive people to live longer and healthier lives

If you are HIV-positive and are not yet on treatment, please go to your nearest clinic for a checkup so you can start taking HIV treatment, ARVs.

