



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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COVID-19 and HIV

- If you are on stable anti-retroviral therapy and have a normal CD4 T-cell count, you have little to no increased risk for becoming seriously ill from COVID-19.
- If you have a low CD4 count—indicating a weakened immune system—you are at higher risk of becoming ill should you contract COVID-19.
- Of those with a low CD4 count, older people and those with medical conditions like cardiovascular disease, renal disease, or diabetes have an even higher risk of becoming ill should you contract COVID-19.

What Preventative and Health-Seeking Measures Can I Take?

- People with HIV should:
 - Eat right.
 - Continue to take your medications as prescribed.
 - Ensure proper rest and minimize stress.
 - Make sure you have at least a 30 day supply of medication on hand, and set up prescription refills by mail, if possible.
 - Always practice cough and hand hygiene etiquette.
 - Maintain social and physical distancing to prevent potential exposure.
 - Establish a plan for clinical care if you have to stay at home for a longer than normal period of time. Try to establish a telemedicine link through your HIV care provider, and virtual meetings with case managers or other members of your care team. If telemedicine is not available to you, make sure you can communicate with your provider by phone or text.
 - Maintain social network remotely to aid in staying connected with people and keeping mentally healthy.
 - Seek medical attention immediately if you develop any symptoms such as fever, cough, or shortness of breath.
 - Ensure that all vaccinations are up to date.



Other Considerations

- Although some HIV antiretroviral medications are being evaluated to treat COVID-19, there is not conclusive results. Until more is known about the effects of these medicines on COVID-19, people with HIV should not switch their HIV medicine in an attempt to prevent or treat COVID-19.
- There is currently no concern about shortages of HIV medicines.
- For facts and statistics about HIV among American Indians and Alaska Native, click [here](#).
- Your care provider, whether an IHS, Tribal, urban, or other provider, will have the most up to date information to assist you maintain your health and wellness.



Disclaimer:

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