



# WELLNESS

## *Staying Healthy*

**PEOPLE** with HIV and HCV can do many things to help them stay healthy. The tips below will help you to stay healthy

### educate yourself

- The top of the list is making sure that you see your HIV and HCV provider(s) on regular basis. Tell him or her of any problems you are having or any symptoms. Talk with your doctor or nurse about treatment for HIV and HCV.
- Eat healthy meals that have a mixture of fruits, vegetables, and lean meat or another protein source. If possible see a nutritionist.
- HIV and HCV as well as the treatments for both can cause fatigue (being really tired a lot). Make sure to rest when you are tired.
- Cut down or stop drinking alcohol. Alcohol (especially heavy use) can weaken your immune system and can damage the liver.
- Talk to your health care provider about the vaccines you need to take for HIV and for HCV.
- Tell your doctor and nurse about any substance you are taking including prescribed drugs, vitamins, herbs and any substance you buy without a prescription—they all could affect your health, your medications and treatment.
- Never mix alcohol with other substances. Ibuprofen and tylenol (acetaminophen and paracetamol) should never be taken with alcohol.
- Exercise on a regular basis. Exercise is good for the immune system, mental, emotional and overall health. Walking is an excellent exercise. Be sure to check-in with your doctor or nurse before starting an exercise program.
- Join a support group for people who are coinfectd. If you can't find an HIV/HCV coinfection group try either an HIV or an HCV support group. Support groups can be a valuable tool for talking about issues related to HIV and HCV.
- Try not to worry too much. HIV can be managed and HCV can be cured. The key is being your own best advocate to make sure you receive the best possible medical care.

*For Living  
Positively  
Being Well*



**HCV ADVOCATE**  
www.hcvadvocate.org