COVID-19 and People with HIV

COVID-19 continues to spread in our communities. All New Yorkers should stay home as much as possible and monitor themselves for symptoms of COVID-19. Follow the tips below to help prevent the spread of COVID-19.

- **Stay home if sick.** Only leave for essential medical care and other essential errands.
- **Keep physical distance.** Stay at least 6 feet away from other people.
- **Practice healthy hand hygiene.** Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- **Wear a face covering**. You can be contagious even if you do not have COVID-19 symptoms. Protect those around you by wearing a face covering.

Guidance for People With HIV

Most people with HIV do not need to take additional precautions for COVID-19. There is no evidence that having HIV puts you at greater risk of severe illness. People with HIV should take these steps to protect themselves:

Take HIV medicine and other medicines as prescribed.
- This will help keep your immune system strong, CD4 count high and viral load undetectable.

Maintain a supply of all your medicines.
- Do not wait until you are running low on medication. Ask your HIV care provider or pharmacy for an additional month's supply of medicines.
- If you have trouble getting your medication, call the New York State Uninsured Care Programs at **800-542-2437**.

Have a way to contact your HIV clinic.
- Use the clinic's online portal, or make sure you can contact your providers by phone or text.

Get recommended vaccinations for flu and pneumonia.
- These vaccines can prevent respiratory illness that could be confused with COVID-19 and help prevent you from getting two serious respiratory illnesses at once.
- Get the support you need.
  - If you receive Ryan White services and need help getting food or shelter, call **311** to connect with agencies that can assist you.

Additional guidance
- Call **911** and seek care immediately if COVID-19 illness becomes severe, especially if it becomes difficult to breathe.
- People who are 50 years of age or older, pregnant or have an underlying health condition that puts them at increased risk for severe COVID-19 should call their health care provider if they develop symptoms so they can be monitored more closely.

More Information and Support

- If you are feeling anxious, stressed or overwhelmed, connect with trained counselors at NYC Well, the City's confidential help line. Call **888-NYC-WELL** (888-692-9355), text "WELL" to 65173 or chat online at **nyc.gov/nycwel**l. Text and chat services are also available in Spanish and Simplified Chinese.
- If you need a provider, NYC Health and Hospitals provides care to all New Yorkers, regardless of immigration status, insurance status or ability to pay. Call **844-NYC-4NYC** (844-692-4692) or **311**.
- All New Yorkers should get tested, whether or not you have symptoms. Visit **nyc.gov/covidtesting** or call **311** for more information. Testing is free at sites sponsored by NYC Health + Hospitals.

For the latest information, visit **nyc.gov/health/coronavirus** or **cdc.gov/covid19.** For real-time updates, text "COVID" to 692-692. Messages and data rates may apply.

The NYC Health Department may change recommendations as the situation evolves.   6.23.20