

What people living with HIV need to know about COVID-19



مركز الأمراض الإنتقالية
Communicable Disease Center

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



If I Have HIV, Am I at Higher Risk of COVID-19?

- There is no evidence yet to show that a patient with HIV is more vulnerable than others.

I am living with HIV; how can I prevent COVID-19?

- Take the vaccine.
- Avoid exposure to the virus.
- Taking your medicine and follow the advice of your doctor.
- Maintain a healthy lifestyle by :
 - Eating right.
 - Getting at least 8 hours of sleep.
 - Reducing stress as much as possible.

Additional things that you may do to prevent COVID-19 include:

- Clean hands frequently with soap and water (for 40–60 seconds) or an alcohol-based hand sanitizer (for 20–30 seconds).
- Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing. Throw the tissue away after use.
- Wear a mask over your nose and mouth when in public, including during travel.
- Avoid close contact with anyone who has a fever or cough.
- Stay at home when you are ill.
- Observe social distancing.
- Avoid nonessential travel especially to high-risk destinations

I am living with HIV, what should I do if I feel unwell?

- If you have:
 - a new persistent dry cough.
 - a temperature.
 - loss or change in sense of smell or taste.
 - difficulty breathing.
- OR have recently travelled to, or are a resident in, an area where COVID-19 is reported.

What people living with HIV need to know about COVID-19

2

- Stay at home and seek medical care immediately from your Primary Health Care Center (PHCC), doctor or local hospital or call 1 6000.
- During this time, wear medical mask and make sure you avoid close contact with others.

Can HIV medicine be used to treat COVID-19?

- There is no evidence that any medicines used to treat HIV are effective against COVID-19.

How should I manage my antiretroviral therapy (ART)?

- Continue taking your antiretroviral drugs as prescribed.
- Ask your clinic to provide you with 3–6 months' supply of ART (and any other medicines that you are taking) to minimize the number of clinics visits you need to make.
- Know how to contact your clinic and have emergency numbers at hand.

Can HIV drugs be used to treat people with COVID-19?



- There is no evidence that antiretroviral therapy (ART) effectively treat COVID-19.
- Support yourself and people around you.
- Take care of yourselves and connect with loved ones.
- Pay attention to your mental health by:
 - Avoiding excessive exposure to media coverage of COVID-19. Only read information from trusted sources.
 - Making time to unwind and reminding yourself that negative feelings will fade.
 - Take breaks from watching, reading or listening to news stories.
 - Try to do some other activities you enjoy in order to return to your normal life.
- Connecting with others. Share your concerns and how you are feeling with a friend or family member.

Stay informed.

- Know the facts about COVID-19 and always check a reliable source, such as the Ministry of Public Health: <https://www.moph.gov.qa/english/Pages/default.aspx>.



Patient and Family Education



patienteducation@hamad.qa



4439 1494 / 5

© 2020 Hamad Medical Corporation