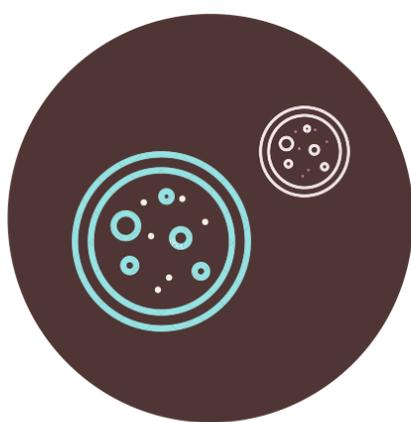


QUICK GUIDE TO COVID-19 (Coronavirus)

FOR WOMEN LIVING WITH HIV

COVID-19: WHAT IS IT?



COVID-19, sometimes called coronavirus, is a virus that can cause symptoms such as fever and a cough.

There is a concern about this virus in the community because it has the potential to make a small group of people unwell enough to require hospitalisation, or develop potentially-life-threatening problems including pneumonia and breathing problems.

Most people who contract COVID-19 will experience mild or moderate health concerns similar to a flu. But for some people, getting this virus will be more serious, and for a small number, even life-threatening. Taking care of others in the community means taking care of yourself.

More information: [What is coronavirus? How is it transmitted? How can I protect myself and others?](#)

COVID-19 AND HIV

If you have an undetectable viral load, a good CD4 count and no other major health concerns:

- you are **NOT** believed to be at increased risk of contracting COVID-19 simply due to having HIV.
- you are **NOT** believed to be at increased risk of getting seriously sick from COVID-19 simply due to having HIV.



SELF-CARE



Keep informed and up-to-date. The government is now requiring everyone to observe important restrictions to remain at home. You may **ONLY** leave your home to:

- Get food or essential supplies.
- To pick up your kids from school or care.
- Exercise with members of your immediate household or one other friend only, such as walking or bike riding.
- Go to the doctor or a health appointment.
- Go to work or study if you can't work or study from home.

For the full list of reasons you can leave your home, visit the [Victorian Government](#) info page.

CORONAVIRUS HOTLINE

If you suspect you may have the coronavirus disease (COVID-19) call the dedicated hotline – open 24 hours, 7 days. Please keep Triple Zero (000) for emergencies only.

1800 675 398

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SELF-CARE

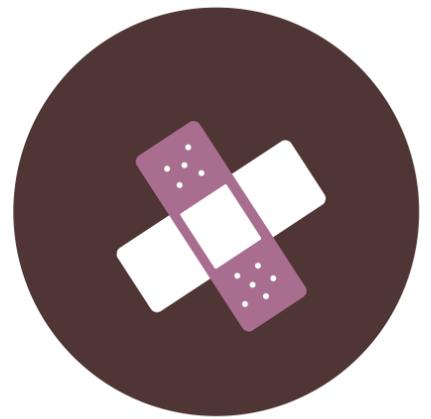
The ABC's daily podcast [Coronacast](#) answers many questions people may have.

- Keep in touch with friends, family, loved ones via phone, on social media, or online.
- Check in on others and have them check in on you through phone, email, or online. Visits can only be in person if you are providing or receiving care, and only the carer may visit.
- If you need to go out to buy food or take a walk for exercise, keep a distance from people (more than 1.5 metres), and wash your hands thoroughly with soap/water on return.
- Be productive and positive: read, garden, cook, watch movies, drink tea or [study for free online](#).
- Information shared online can be scary and sometimes inaccurate. Limit your time online, or reading news about the virus, for [your mental health](#).

OTHER HEALTH CONCERNS OR OVER 60?

For people with specific health concerns, COVID-19 MAY be more of a health risk. Take additional care and stay at home to protect your health if you are:

- Aged sixty or over
- Have diabetes
- Smoke
- Have a history of heart or lung problems
- Have high blood pressure



SELF-CARE



Being at home doesn't mean being isolated emotionally or socially! Chat to friends, family, or grandkids on the phone. Try new technologies like [Zoom](#) to say hello or share a coffee online. Positive Women Victoria's peer support team is here for you too.

Take exercise walks around the block when it's quiet, or exercise in your house or garden. Only do this with your household or one other person.

You can have regular doctor appointments by phone or online. Call your GP to find out more about telehealth.

GOT GRANDKIDS?

To protect you, there must not be visits from grandchildren unless they live in your house.

While that's hard, you can still stay in touch ... use your phone, FaceTime, or text messaging! Ask them to send you videos or pictures. Try doing it yourself using your phone. Be creative!



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FOR WOMEN LIVING WITH HIV

YOUR HIV MEDICATIONS



You can continue to get your HIV medications and all other essential medicines during this time.

Just try to have between one and three months' supply at any point. There is no need to have more unless your doctor recommends it.

Arrangements can be made to post your medicines to you, usually in around 1-3 days. Talk to your doctor about this.

No Medicare card? Talk to Positive Women Victoria or Living Positive Victoria about your treatment access options.

Health services such [Melbourne Sexual Health](#) and GP clinics remain open. Call ahead for appointments, this is essential if you have a cough, cold or fever, as the clinic will advise you about how to get care safely for you and others.

Many GPs are preferring appointments be done in phone or online to avoid the need to travel.

FINANCES AND FOOD

To minimise the need to go out, do a bulk shop once a week for your household.

[Coles](#) and [Woolworths](#) offer online shopping priority for eligible people unable to get to the supermarket due to age, disability or other reasons.

Member of the pantry Positive Living Centre and need help? The service will move to a home-delivery model.

Information about [Government Financial Support](#) is available at this link. This information is changing regularly, so check in as you need.

If you are mandatorily self-isolating, or if you are under a quarantine order and you can't get access to food, you may be eligible for a Victorian Government assistance box. To access this, call the Coronavirus hotline on 1800 675 398.



And remember, PWV is here to support you still!

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