



COVID-19 and HIV Resources for Health Care Providers

People with HIV may have concerns and questions related to their risk for coronavirus 2019 disease (COVID-19). We know that people at higher risk include older adults and those with serious underlying medical conditions like heart disease, diabetes, and lung disease.

In the United States, nearly half of people with HIV are aged 50 and older. Additionally, people with HIV may have higher rates of chronic heart and lung disease. The risk of getting very sick from COVID-19 is likely greatest in those with a low CD4 cell count and people not on HIV treatment.

To support health care providers managing these patients, the Centers for Disease Control and Prevention's (CDC's) *Let's Stop HIV Together* campaign for health care providers offers a [collection of key federal resources](#) on COVID-19 and HIV. These resources:

- Address concerns related to COVID-19 and HIV.
- Provide guidance to health care providers managing people with HIV.
- Highlight how people with HIV can protect their health.

To access COVID-19 and HIV resources for your practice and patients, visit:

www.cdc.gov/HIVNexus

Practice Tips for Health Care Providers

- Encourage people with HIV to continue taking HIV medications as prescribed. Achieving and maintaining an undetectable viral load is one of the best things your patients with HIV can do to stay healthy.
- If possible, prescribe a 90-day supply of antiretroviral therapy (ART) to maintain their ART regimen during physical distancing. Consider changing to mail-order delivery of medications when possible.
- Underscore the importance of following all CDC precautions to prevent COVID-19, such as physical distancing, hand-washing, wearing cloth face coverings in public settings, disinfecting surfaces, avoiding travel, and ensuring essential vaccinations are up to date.
- Together with each patient, weigh the risks and benefits of attending in-person, HIV-related clinic appointments. Factors to consider include the extent of local COVID-19 transmission, the health needs that will be addressed during the appointment, and the person's HIV status (e.g., CD4 cell count, HIV viral load) and overall health.
- Consider telemedicine visits for routine and non-urgent visits and adherence counseling.

