

Voices of Experience: Living with HIV

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I found out that I was positive.”**

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

After 16 years of marriage, I never thought about being at risk for HIV, but after the possible exposure of the virus, I knew the importance of having to go and get tested. So I found an organization, and I took the test, and indeed, my test did come back HIV-positive. At the time, I didn't know a lot about HIV, but I've learned a lot since then, and I've tried to take that information and try to keep myself healthy. I've tried to adhere to my doctors' instructions, and I try to keep a great support connection around me. I've also done a lot of volunteering since I found out that I was HIV-positive, and during that time, I also tried to explain to the middle-school and high-schoolers, as well as women's support groups, about the importance of knowing your status and also the prevention thereafter. I've learned a lot since I found out that I was positive. I've tried to turn that negative into a positive because one person's story can change a life, and I hope that something that I'm saying is something that will do that. It's very important that people don't try to place stigmas on a particular group because we're all at risk. +And if you don't protect yourself, you could be sitting in this chair as I am, HIV-positive. Education is the key. Learning as much as you can about HIV and then taking the steps to prevent yourself from getting the virus is the best thing that anyone could do for themselves and for the people that they love the most around them.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.