



DAILY HEALTH ISSUES

1. Things to do to maintain your health

- **Five ways to better health.** (BCPWA). 2000. Pages 11-12 from <http://library.catie.ca/PDF/P12/18232.pdf>
- **The 7 Deadly Sins: For those wishing to live long and well with HIV.** (Positive Side, Volume 6 Issue 1). Spring/Summer 2002. <http://www.positiveside.ca/e/V6I1/pdf/sevendeadly.pdf>
- **Universal precautions.** (Canadian HIV/AIDS Information Centre). 2006. <http://pubs.cpha.ca/PDF/P7/19661e.pdf>
- **Strategies for maintaining your general health: different ways to help you maintain your overall general health.** (Project Inform). 2007. <http://www.projectinform.org/info/health/health.pdf>
- **HIV: how to avoid infections when you have HIV.** (FamilyDoctor.org). 2008. <http://familydoctor.org/online/famdocen/home/common/sexinfections/hiv/248.html>

2. Keeping track of your health

- **Personal health record.** Pages 316-319 in: *Managing your health: a guide for living with HIV.* (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>
- **How to take my medicines; These are the major events of my health history.** p. 7 from: *Personal tracking charts.* (Project Inform). 2007. <http://www.projectinform.org/info/tracking.pdf>
- **Keeping track of the medicines I take and have taken.** p. 6 from: *Personal tracking charts.* (Project Inform). 2007. <http://www.projectinform.org/info/tracking.pdf>
- **Keeping Track of My Test Results.** p. 3 from: *Personal tracking charts.* (Project Inform). 2007. <http://www.projectinform.org/info/tracking.pdf>
- **Charting my CD4+ cell counts; Charting my viral load counts.** p. 2 from: *Personal tracking charts.* (Project Inform). 2007. <http://www.projectinform.org/info/tracking.pdf>
- **My health maintenance schedule.** (Project Inform). 2007. <http://www.projectinform.org/info/health/chart1.pdf>
Includes age-specific tests and screenings, and a chart to keep track of them.
- **Monitoring your health.** Pages 104-121 in: *Managing your health: a guide for living with HIV.* (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>

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Please note that this information was current as of August 2009, but has not been updated.

3. Sex when you're positive

- **Your sexual health.** Pages 76-85 in: Managing your health: a guide for living with HIV. (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>
- **Sex and prevention concerns for positive people.** (Project Inform). 2002. <http://www.projectinform.org/info/sex/sex.pdf>

4. The flu

- **HIV/AIDS and the flu.** (Centers for disease control and prevention). 2006. <http://www.cdc.gov/flu/protect/pdf/hiv-flu.pdf>
- **Flu season and living with HIV: explore different ways to prevent the common flu.** (Project Inform). 2008. <http://www.projectinform.org/info/flu/flu.pdf>
- **Winter viral illnesses.** (NAM). 2008. <http://www.aidsmap.com/cms1044808.pdf>

5. Vaccinations

- **Vaccinations and HIV .** (AIDS InfoNet). 2008. http://www.aidsinfonet.org/uploaded/factsheets/35_eng_207.pdf
- **What do I need to know about immunizations?** (AIDS Info). 2009. http://aidsinfo.nih.gov/contentfiles/Immunizations_FS_en.pdf
- **Recommended immunizations for HIV positive adults.** (AIDS Info). 2009. http://aidsinfo.nih.gov/contentfiles/Recommended_Immunizations_FS_en.pdf
- **Immunisations.** (NAM). 2008. <http://www.aidsmap.com/cms1044685.pdf>
- **Immunizations (Vaccinations) for People with HIV/AIDS.** (CATIE). 2001. <http://www.catie.ca/pdf/ACASfs/Immunizations.pdf>

6. Exercise

- **Exercise and HIV.** (AIDS InfoNet). 2009. http://www.aidsinfonet.org/uploaded/factsheets/146_eng_802.pdf
- **Exercise and HIV.** (POZ). 2009. http://www.poz.com/factsheets/fs_2009_07_exercise.pdf
- **HIV and exercise.** Pages 60-61 in: Healthy living manual. (BCPWA). 2008. http://www.bcpwa.org/articles/Manual08_Webversion.pdf
- **Exercise.** (Association of Nutrition Services Agencies). 2009. <http://www.ansanutrition.org/nutrition/factsheets.cfm>

7. Smoking and using drugs

- **Recreational drugs and HIV.** (AIDS InfoNet). 2008.
http://www.aidsinfonet.org/uploaded/factsheets/86_eng_494.pdf
- **Smoking and HIV.** (AIDS InfoNet). 2009.
http://www.aidsinfonet.org/uploaded/factsheets/147_eng_803.pdf

8. Food and water safety

- **Food and water safety.** (Tufts University Nutrition/Infection Unit). 2009.
http://www.tufts.edu/med/nutrition-infection/hiv/health_food_water_safety.html
- **Safe Food and water.** (Centers for Disease Control and Prevention). 2007.
<http://www.cdc.gov/hiv/resources/brochures/print/food.htm>
- **Food safety for persons with AIDS.** (USDA Food Safety and Inspection Service). 2006.
http://www.fsis.usda.gov/Fact_Sheets/Food_Safety_for_Persons_with_AIDS/index.asp
- **Food safety for persons living with HIV/AIDS.** (Association of Nutrition Services Agencies). 2009. <http://www.ansanutrition.org/nutrition/factsheets.cfm>
- **Water safety.** (Association of Nutrition Services Agencies). 2009.
<http://www.ansanutrition.org/nutrition/factsheets.cfm>

9. Pets

- **Preventing infection from pets.** (Centers for Disease Control and Prevention). 2007.
<http://www.cdc.gov/hiv/resources/brochures/pets.htm>

10. Pain

- **Pain.** (NAM). 2008. <http://www.aidsmap.com/cms1044741.pdf>
- **HIV Related Pain.** (The Well Project). 2007.
http://www.thewellproject.org/en_US/Living_Well/Health/HIV_Pain_Mgmt.jsp