



NEWLY DIAGNOSED

1. First steps

- **How do I start?** (AIDS InfoNet). 2007.
http://www.aidsinfonet.org/uploaded/factsheets/29_eng_201.pdf
- **Testing HIV positive – Do I have AIDS?** (AIDS Info). 2005.
http://www.aidsinfo.nih.gov/ContentFiles/TestingPositive_FS_en.pdf
- **HIV positive? What now?** Pages 2-3 in: Healthy living manual. (BCPWA). 2008.
http://www.bcpwa.org/articles/Manual08_Webversion.pdf
- **The top 10 things you should know if you're newly diagnosed with HIV.** (Living +). January/February 2005. http://www.bcpwa.org/articles/issue_34_20-22_top_10.pdf
- **Newly diagnosed with HIV.** (The Alfred). 2008.
<http://www.hivhepsti.info/documents/NewlyDiagnosedwithHIV-Oct07.pdf>
- **Now that you know: life after diagnosis.** (Voices of Positive Women). 2005.
[http://www.vopw.org/setup1.nsf/ActiveFiles/Now_That_You_Know/\\$file/Now_That_You_Know.pdf](http://www.vopw.org/setup1.nsf/ActiveFiles/Now_That_You_Know/$file/Now_That_You_Know.pdf)
- **Day one: after you've tested positive.** (Project Inform). 2008.
<http://www.projectinform.org/info/dayone/dayone.pdf>
It covers the basics of HIV, how to monitor your health, and points to consider when managing HIV disease.
- (video) **Just diagnosed with HIV.** (CATIE). 2009.
<http://www.catie.ca/Eng/LivingWithHIV/justdiagnosed.shtml>
INSTRUCTIONS: Click on the picture in the upper right hand corner of the screen to go to the video.
- **Information for people diagnosed with HIV.** (BCPWA).
<http://www.bcpwa.org/articles/NewlyDiagnosedBooklet071.pdf>

2. Living with HIV

- **Living with HIV: starting points.** (CATIE). 2008. <http://library.catie.ca/PDF/ATI-20000s/26009.pdf>
- **Now that you know: a guide to living with HIV.** (Massachusetts Department of Public Health). 2004.
http://www.maclearringhouse.com/PDFs/HIV_AIDS/NowThatYouKnow_Eng.pdf
- **Managing your health: a guide for living with HIV.** (CATIE). 2009.
<http://www.catie.ca/pdf/myh/myh2009.pdf>
Since it was first published in 1993, Managing your health has become a “must read” for people living with HIV and those seeking reliable information in plain language delivered from the perspectives of people living with this disease. Topics vary from living well, managing medication, eating healthily, starting a family, handling legal, money and housing issues to making sex hot and safe.

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