

# Living with HIV/Hepatitis C During COVID-19

## What is COVID-19?

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:

- Fever
- Cough
- Difficulty breathing

## How is COVID-19 transmitted?

COVID-19 is spread from an infected person through:

- Respiratory droplets from coughing or sneezing
- Close personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

## Living with HIV/Hepatitis C During COVID-19:

- People who are living with HIV and following an effective treatment plan are not expected to be at a greater risk of becoming seriously ill from COVID-19
- People with untreated HIV or a low CD4+ cell count may be at a greater risk of becoming seriously ill from COVID-19
- People living with HIV or Hepatitis C may be more likely to have other health conditions that pose a greater risk of becoming seriously ill from COVID-19
- If you are living with HIV or Hepatitis C, continue to follow your treatment plan as prescribed by your health care provider
- If you are sexually active and/or inject drugs and unsure of your status, consider getting tested for HIV and Hepatitis C.

## Continue to Access Sexual Health Services

You can still access STI testing and treatment and birth control during COVID-19. Phone your doctor or health care provider to schedule an appointment; or visit a community health clinic.

## Questions?

Sexual health questions can be emailed to: [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca). Questions will be answered within two business days.

## Additional Resources

For more information on COVID-19, visit:

- <https://www.catie.ca/en/covid-19-resources>
- <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/about-coronavirus-disease-covid-19.html>
- <https://www.gov.mb.ca/covid19/index.html>
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- <https://sharedhealthmb.ca/covid19/screening-tool/>
- <https://www.gov.mb.ca/health/familydoctorfinder/>
- <https://www.gov.mb.ca/health/primarycare/index.html>
- <https://ninecircles.ca/about/manitoba-hiv-program/>

Note: There is currently little research on the effects of COVID-19 for people living with HIV and/or Hepatitis C. This Facts Sheet may be updated as more information becomes available.