



EVERYDAY ADHERENCE



If you skip your pills, HIV can mutate. Don't give it the chance. Talk to your provider.

Funding for this project has been made available as a result of grant awards from the US Department of Health and Human Services, Health Resources and Services Administration. Design by Jodie Eilers, Ramsay Cookman, Yaël Pouffary, and Quintin Cooke.

Public Health
Seattle & King County





EVERYDAY ADHERENCE



If you skip your pills, **HIV can mutate.** Don't give it the chance. Talk to your provider.

EVERYDAY ADHERENCE

Everyday adherence means today, tomorrow and everyday.

Because HIV never stops working, neither can you. The virus turns your CD4 cells into factories to make more HIV. A steady stream of medication can help stop HIV in its tracks, keeping you strong and healthy. But when you miss your doses, HIV can mutate and find its way around the medications. When this happens, you develop “resistance” and the medications can stop working.

**Don't give HIV a chance. Talk to your provider.
Take your meds. Everyday.**

Public Health
Seattle & King County



Funding for this project has been made available as a result of grant awards from the US Department of Health and Human Services, Health Resources and Services Administration. Design by Jodie Eilers, Ramsay Cookman, Yaël Pouffary, and Quintin Cooke.



**EVERYDAY
ADHERENCE?
TALK TO ME**