

WHAT'S YOUR SCORE?



**Stay in the game. Talk to your provider.
Know your CD4 and Viral Load test results.**

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



WHAT'S YOUR SCORE?



**Stay in the game. Talk to your provider.
Know your CD4 and Viral Load test results.**

WHAT'S YOUR SCORE?

CD4 cells (“T-cells”) are white blood cells that your immune system uses to fight off infections. HIV attacks and kills CD4 cells. Your CD4 count tells you the number of immune system cells in your blood. A high CD4 count means your immune system is winning.

Your Viral Load tells you how much HIV is in a tiny drop of your blood. The virus is always multiplying, but with a high CD4 count or medications to treat HIV, your Viral Load can drop. It can even become “undetectable.” A low Viral Load means HIV is losing.

Knowing your score is important. Not sure of your score? **Stay in the game. Talk to your provider. Know your CD4 and Viral Load counts.**

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.



**WHAT'S YOUR
SCORE?
TALK TO ME**