



The Tarrant County HIV Administrative Agency connects + individuals with resources that put wellness within their reach – from health care and medications to financial support, housing, counseling and much more.

[hivaa.tarrantcounty.com](http://hivaa.tarrantcounty.com)

[askhivaa@tarrantcounty.com](mailto:askhivaa@tarrantcounty.com)

[\(817\) 370-4526](tel:(817)370-4526)

 [TarrantCountyHIV](https://www.facebook.com/TarrantCountyHIV)

 [TarrantCountyHIV](https://www.instagram.com/TarrantCountyHIV)

**Created by Tarrant County HIT HIV Committee**



# 8 Steps to Your First Appointment



A roadmap for anyone newly +



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### Ask About Rapid HIV Medications

People live longer, healthier lives when they start HIV medications as soon as possible. Ask your healthcare team if rapid HIV medications are available at time of diagnosis.

2

### Educate Yourself

Start educating yourself. Here are a few places to begin:  
[hivaa.tarrantcounty.com](http://hivaa.tarrantcounty.com)  
[cdc.gov/hiv](http://cdc.gov/hiv)  
[hiv.gov](http://hiv.gov)

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### Be Safe

Keep yourself and others safe by stopping unsafe activities.  
*Don't have unprotected sex.*  
*Don't share needles.*

4

### Get the Right Care

Contact a local care team to schedule your first appointment.  
*AIDS Healthcare Foundation*  
*CAN Community Health*  
*JPS Healing Wings Clinic*  
*Tarrant County Preventative Medicine Clinic*

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### Find Trusted Support

Talk with a trusted friend and think about getting counseling or joining a support group.  
[aoc.org/support](http://aoc.org/support)  
[tarrantcounty.com/HIVsupport](http://tarrantcounty.com/HIVsupport)

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### Let Your Partners Know

Consider letting your partners know about your + diagnosis so they can get tested. And be ready to talk about this topic with the health department.

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### Get Ready for Your Appointment

Make sure to gather any information requested by your care team and complete any requirements they gave you.

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### Go to Your Appointment

Need transportation assistance? We can help.  
*Call us at (817) 370-4526.*