

# Be Healthy. Stay Healthy. Start Here.

With this roadmap, you've got a plan for what's next, what to do, and where to go to start your journey to undetectable.



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.

## Find resources, answers and help here:

- + [BeatHIVTC.org](https://BeatHIVTC.org)
- + [BEATHIV@tarrantcounty.com](mailto:BEATHIV@tarrantcounty.com)
- + [682-285-1155](tel:682-285-1155)
- + [TarrantCountyHIV](#)  

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## STEPS TO YOUR FIRST APPOINTMENT

A roadmap for anyone newly +

1



## 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. A wealth of information is available online, but it's a good idea to consult sources you can trust, including the Tarrant County HIV Administrative Agency.

3



## Be Safe

Keep yourself and others safe by stopping unsafe activities. Don't have unprotected sex. Don't share needles. Avoid exchanging blood, semen, vaginal fluid, anal fluid or breast milk.

4



## Get the Right Care

It's important to find a healthcare provider who is committed to helping you feel your best and live well. Several are listed on our website. Reach out and schedule your first appointment.

5



## Find Trusted Support

Talk with a trusted friend and think about getting counseling or joining a support group. Our website features a range of support services that are available locally and nationally.

6



## 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.

7



## Get Ready for Your Appointment

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

8



## Go to Your Appointment

Need help with transportation?

+ Call us at  
**682-285-1155**