



What is HIV?

HIV is the human immunodeficiency virus. It attacks the immune system.

- Over time, the body can't fight illness anymore.
- If that happens, HIV leads to AIDS, the final stage of HIV.
- Adults with HIV/AIDS smoke at higher rates than adults who do not have it.

Signs of HIV

Symptoms can include:

- Weight loss.
- Fever.
- Night sweats.
- Feeling tired.
- Diarrhea.
- Mouth Sores.
- Swollen glands in armpits, groin, or neck.
- Memory loss.
- Low mood.

Why Quit Smoking

If you have HIV/AIDS and quit smoking, you are less likely to have:

- Thrush (a mouth fungus).
- Hairy leukoplakia (white mouth sores).
- Lung infections, like pneumonia, bronchitis, and tuberculosis.
- Vision loss.
- Gum disease and tooth loss.

Other Reasons to Quit

More motivation to quit can include:

- More vitamins C, D, and E in the body that help fight illness.
- Less side effects from HIV drugs.
- Fewer HIV symptoms.
- HIV drugs work better to keep the virus under control.
- Better blood flow and oxygen in body, which makes it hard for HIV to get worse.

