

# For Your Health: 3 Things To Know

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1

**HIV** is a virus that can affect the body's immune system, which is responsible for fighting infections. One time HIV testing is recommended for all adults 18 through 64 years of age. Early detection and treatment of HIV can control the virus, keep the immune system strong, and prevent the spread of infection to others. Ask your healthcare provider about HIV testing.

2

**Hepatitis C** is a serious viral infection that affects the liver. In most cases, the infection is chronic. Often people do not have symptoms for many years – until serious liver damage has occurred. New medications offer a cure for most people with hepatitis C. If you were born between 1945 and 1965, one time testing for hepatitis C is recommended. Talk to your health care provider about this test.

3

**Pneumococcal disease** can cause pneumonia, meningitis or bloodstream infection (sepsis), which can lead to severe complications, hospitalizations, or death. If you smoke, have certain chronic health conditions or are 65 years or older, getting vaccinated is the safest, most effective way to protect yourself. Ask your healthcare provider about a pneumococcal vaccination today.

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