

CHOOSE
YOU™



ROUTES THROUGH HIV CARE IN IRELAND

Learn about the different types of care so you can have open, meaningful conversations with your healthcare team about what matters to you.

PRIMARY CARE

Primary care can support your everyday health needs as part of your wider wellbeing. These services are normally the first places you will contact about your health.

This might be:

- GPs or family doctors
- Nurses based either in GP surgeries or in the community
- Dentists
- Pharmacists
- Opticians

To access primary care, you may need to be registered with a GP. The GP surgery, or your HIV support worker, can help you fill in the registration forms. You will need to have your Personal Public Service (PPS) number to register.

1

SECONDARY CARE

If you need care that cannot be provided in primary care, you may be sent on to a secondary care service.

These services are often based in hospitals, and will focus on specific parts of your health.

Secondary care includes treatment and care for HIV.

Secondary care services could include:

- A cardiologist – if you need to see someone about your heart or blood pressure
- A dietitian – if you need additional support and advice on your food intake
- A psychologist – if you need extra support with your thoughts, emotions and feelings

2

HIV SPECIALIST SERVICES

HIV specialist services give support to people living with HIV. They focus on working with you to make sure you are on the right treatment for you and your life. They also help care for your mind and body, supporting you to live well with HIV now and in the future. Your HIV team may refer you on to other secondary care services if you have additional needs.

Your HIV specialist healthcare team will conduct regular blood tests to check your HIV treatment is working as it should.

How regularly you see your HIV healthcare team will depend on a range of factors including how well your treatment is working for you, and whether you have any other issues affecting your health.

Your care may change over time, depending on your needs, goals and what matters most to you.



CHARITY SECTOR SERVICES AND PEER SUPPORT

No one has to navigate HIV alone. Alongside the Health Service Executive (HSE) there are organisations and communities that can support you.

Charity and advocacy groups can give you information and help you through your journey with HIV. Visit [ACET](#), [HIV Ireland](#) or [Sexual Health West](#) for additional information and support.

There are people living with HIV you can talk to, known as peer support workers, who can provide person-to-person advice, support and a chance to share your experiences of living with HIV.

Charity groups can support people with different areas of their lives, including finances, legal support, social support and many others.



Visit www.hivchooseyou.ie to find more ways to Choose You.

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