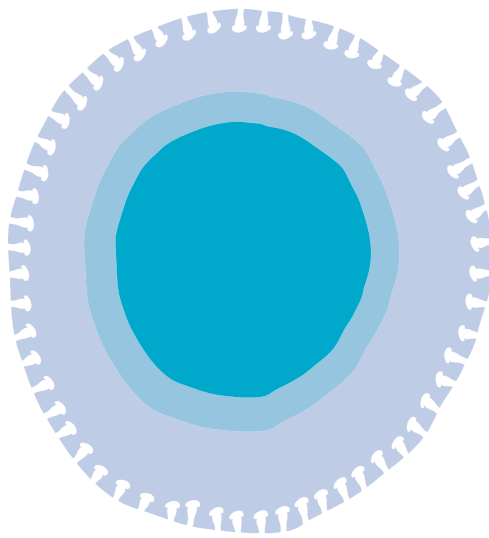


What are CD₄ Cells?

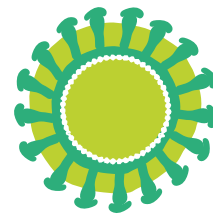
CD₄ cells, also known as helper T cells or T cells, are an important part of your immune system. CD₄ cells fight off infections and keep you from getting sick.

The more CD₄ cells you have in your body, the healthier you'll be.

HIV attacks and destroys your CD₄ cells. Taking your HIV medications helps keep HIV from destroying your CD₄ cells.



CD₄ or T Cell



HIV

A healthy adult has between 500–1600 CD₄ cells.

Your doctor tests your CD₄ cell level to track how healthy you are and to see if your medications are working. Doctors now recommend starting ART right away, regardless of CD₄ count. The goal is to protect enough CD₄ cells so your immune system stays healthy.