

# 2020 HIV/AIDS AWARENESS DAYS



Annual awareness days help educate the general public and specific communities about HIV/AIDS. Since the virus affects people from all walks of life, the number of awareness days has increased over the years. Display this poster as a reminder of upcoming awareness days, and use the hashtags shown to promote them on social media.



## FEBRUARY

7

### **National Black HIV/AIDS Awareness Day** #NBHAAD

According to the Centers for Disease Control and Prevention (CDC), more than 40% of HIV diagnoses in 2017 were among African Americans. NBHAAD promotes HIV prevention and community involvement and aims to increase HIV testing and treatment.



## MARCH

10

### **National Women and Girls HIV/AIDS Awareness Day** #NWGHAAD

In 2017, women made up 19% of new HIV diagnoses in the United States. This awareness day recognizes the impact of HIV/AIDS on women and girls.



20

### **National Native HIV/AIDS Awareness Day** #NNHAAD

This day honors American Indians, Alaska Natives and Native Hawaiians and is intended to empower these groups to get tested and bring HIV/AIDS awareness to their communities.



## APRIL

10

### **National Youth HIV & AIDS Awareness Day** #NYHAAD

This awareness day was started in 2013 to engage those under age 25 on the topic of HIV/AIDS. According to the CDC, about 21% of new U.S. HIV diagnoses in 2017 were among 13- to 24-year-olds.

18

### **National Transgender HIV Testing Day** #NTHTD HIV disproportionately

## MAY

18

### HIV Vaccine Awareness Day

#HVAD

Led by the National Institute of Allergy and Infectious Diseases, HVAD showcases the progress in the search for a safe and effective preventive HIV vaccine. The awareness day is also an opportunity to educate communities about the importance of vaccine research.



19

### National Asian & Pacific Islander HIV/AIDS Awareness Day

#NAPIHAAD

Fear of stigma and discrimination can often create barriers to care. NAPIHAAD was established to help break the silence about HIV/AIDS among Asians and Pacific Islanders and to encourage individuals to get tested and treated.

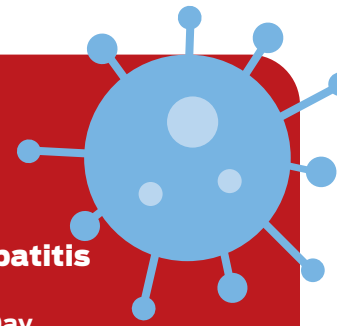


19

### National Hepatitis Testing Day

#HepTestingDay

About 25% of people living with HIV nationwide are also living with hepatitis C, and about 10% are coinfecting with hepatitis B. NHTD aims to provide support and resources for those living with viral hepatitis, to increase awareness of the various types of the virus and to encourage testing.



affects the transgender population. NHTD encourages local testing events and campaigns promoting testing and awareness in the trans community.



## JUNE

5

### HIV Long-Term Survivors Awareness Day

#HLTSAD

This awareness day honors all long-term survivors of HIV. HLTSAD raises awareness and makes sure long-term survivors continue to be included in the ongoing HIV conversation.



20

### Southern HIV/AIDS Awareness Day

#SHAAD

Launched by the Southern AIDS Coalition, SHAAD provides an opportunity to raise awareness in the region as well as for advocates across the nation to address the HIV crisis in the South.



## AUGUST

30

### National Faith HIV/AIDS Awareness Day

#NFHAAD

HIV/AIDS affects people of all faiths across the United States. The goal of NFHAAD is to bring together Muslims, Christians, Jews, Buddhists, Hindus and members of other religions to fight HIV/AIDS.



8

### National Caribbean American HIV/AIDS Awareness Day #NCAHAAD

HIV prevalence in the Caribbean is the second highest globally after Africa. NCAHAAD brings HIV awareness to communities in and from the region and promotes HIV education and testing.

27

### National HIV Testing Day #NHTD

This annual event is a call to people of all ages to learn the facts about HIV and get tested for the virus. According to the CDC, one in seven people living with HIV don't know they have it.

National  
HIV TESTING Day  
JUNE 27

18

### National HIV/AIDS and Aging Awareness Day #NHAAD

According to the CDC, people age 50 and older accounted for nearly 17% of new HIV diagnoses in the United States in 2017. NHAAD encourages HIV testing among older adults and HIV awareness for seniors.



27

### National Gay Men's HIV/AIDS Awareness Day #NGMHAAD

According to the CDC, gay and bisexual men made up 70% of new U.S. HIV diagnoses in 2017. NGMHAAD promotes HIV testing and encourages those who are positive to engage in treatment in order to improve their health and reduce the likelihood of transmitting the virus to their partners.



## OCTOBER

15

### National Latinx AIDS Awareness Day #NLAAD

Latinos made up more than one quarter of new HIV diagnoses nationwide in 2017, according to the CDC. NLAAD aims to get more Latinx people to join the fight to end the epidemic.



## DECEMBER

1

### World AIDS Day #WAD

About 37.9 million people across the globe have HIV, according to UNAIDS. The world comes together on December 1 to show solidarity in the fight against HIV, to provide support for those living with the virus and to remember those lost to it.



# IT STARTS WITH KNOWING YOUR STATUS.

**The only way to know your status is to get tested for HIV.**



## IF YOUR RESULT IS POSITIVE ...

It's okay to feel overwhelmed or confused. But HIV treatments can help people live longer, healthier lives. Talk to a healthcare provider as soon as possible after diagnosis. There's no cure for HIV, but by starting, sticking to, and staying on daily treatment, HIV can be a manageable disease for many people.

## IF YOUR RESULT IS NEGATIVE ...

There are things you can do to stay that way. Use condoms, get retested regularly, and talk to a healthcare provider about HIV prevention medicines for PEP (Post-exposure Prophylaxis) and PrEP (Pre-Exposure Prophylaxis).

# HIV TREATMENT HELPS PROTECT EVERYONE.

Starting and sticking to HIV treatment can lower the amount of virus in the body to undetectable. **According to current research, starting and sticking to treatment every day can help you get to and stay undetectable, which means there's effectively no risk of spreading HIV through sex.** It's called Treatment as Prevention, or TasP. So, HIV treatment can help protect everyone, positive and negative.





# 3 WORDS EVERYONE SHOULD KNOW.

## PrEP

Pre-Exposure Prophylaxis: “Pre” means “before” and “Prophylaxis” means “prevention.” PrEP means taking prescription medicines every day *before* you are exposed to HIV to help reduce the risk of getting HIV. PrEP is for people who are HIV negative and are at risk of getting HIV through sex.

## PEP

Post-Exposure Prophylaxis: “Post” means “after.” PEP means taking prescription medicines daily, immediately after being exposed to HIV, for 28 days to help reduce the risk of infection. You need to start taking it within 72 hours after exposure. So go to a doctor or healthcare center right away.

## Undetectable

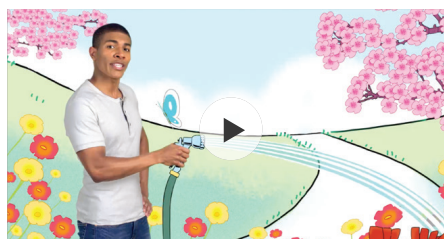
If you have HIV, the goal is to get your viral load to undetectable. This means there’s so little virus in the blood that a test can’t measure it. There’s no cure, but getting to and staying undetectable can help reduce the risk of passing HIV through sex. How do you get to undetectable? By starting HIV treatment and taking it every day exactly as prescribed.

## HIV INFORMATION MATTERS, TOO.

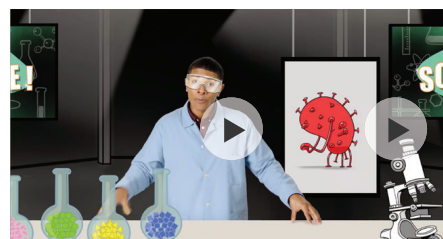
Check out [HelpStopTheVirus.com](http://HelpStopTheVirus.com) for more prevention information. And watch videos about HIV medicines, testing, and the importance of sticking to daily treatment.



5 Reasons to Stick to HIV Treatment



Testing Season



Fight Back With HIV Treatment

# STOP THE VIRUS.

[HelpStopTheVirus.com](http://HelpStopTheVirus.com)

Ask a healthcare provider about all the ways you can help prevent HIV.



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SHOULD HIV PREVENTION  
MATTER TO ME?

I AM  
LIVING WITH HIV.

I AM  
HIV NEGATIVE.

**YES!**  
PREVENTION MATTERS  
TO EVERYONE.

See how we can all help stop the virus in  
our bodies and communities.



**STOP THE VIRUS.**