

World AIDS Day – 1 December

Global solidarity, shared responsibility

Every year on 1 December the world commemorates World AIDS Day. People around the world unite to show support for people living with and affected by HIV/AIDS and to remember those who lost their lives to this condition.

As a result of COVID-19, in 2020, the world's attention has been focused on health and how pandemics affect our lives and livelihoods. COVID-19 is showing once again how health is interlinked with other critical issues, such as gender, social inequality, human rights, social protection, and economic growth. With this in mind, this year the theme of World AIDS Day is "Global solidarity, shared responsibility".

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice, and improve education.

Phase 1: Prevention

- Never have unprotected sex. Have a condom ready, so you do not get caught off guard.
- If you are HIV positive and pregnant, make sure you know what medication to take, to prevent transmission to your baby.
- If you know any HIV positive moms-to-be, encourage them to get to antenatal clinic, and make sure they take their medication.



Phase 2: Testing



- Get tested at least once a year, especially if you have multiple sexual partners.
- Never have unprotected sex.
- Share your status and inspire others to do the same.

Phase 3: Treatment

If you are HIV positive, get into an HIV clinic ASAP, and attend all your appointments.

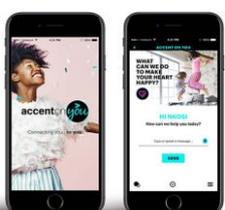
- If you know someone with HIV, support them – help them to make their clinic dates, and offer help to remind them to take their medication. Winning this war will have to be a team effort



Momentum Wellness counsellors can provide psycho-social support to employees who are living with and affected by HIV/AIDS, through AccentOnYou.

For further support, employees can contact the National HIV AND AIDS HELPLINE on 0800 012 322.

Know your status...Get tested today!



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SPIRITUAL



SOCIAL



EMOTIONAL



PHYSICAL



ENVIRONMENTAL

