

World AIDS Day 2021: the story of HIV today



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Securing rights
Stopping HIV

Overview

- An introduction to HIV
- 5 HIV facts you need to know
- Our HIV stories
- What can you do?



WORLD AIDS DAY

**ROCK
THE RIBBON**

WEDNESDAY 1 DECEMBER 2021

#RockTheRibbon with me

Jo, rocking for 5 decades,
makes a mean quiche,
living with HIV for 13 years



worldaidsday.org



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What is World AIDS Day?

- World AIDS Day is held every year on **1 December** to raise awareness about HIV.
- It is a day to show support for people living with HIV, remember those who have lost their lives because of HIV and learn the facts and realities of HIV today, in the UK and worldwide.



WORLD AIDS DAY

ROCK THE RIBBON

WEDNESDAY 1 DECEMBER 2021

#RockTheRibbon with me
Becky, 26, dance enthusiast,
living with HIV since birth

worldaidsday.org  Powered by NATIONAL AIDS TRUST

What is HIV?



HIV is a virus that attacks the body's immune system. It stands for Human Immunodeficiency Virus (HIV).

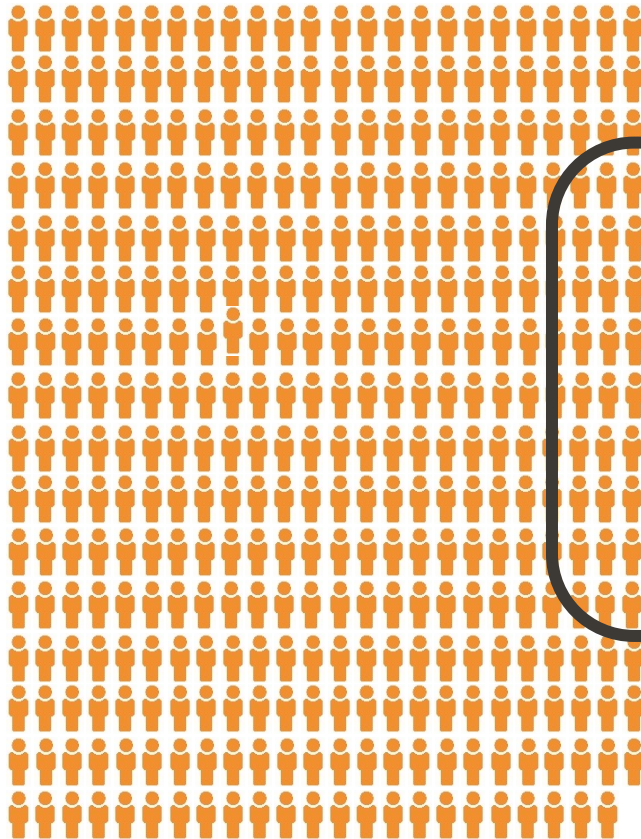
AIDS stands for Acquired Immune Deficiency Syndrome. It is a serious illness that can develop when HIV damages the immune system to such an extent that it can no longer fight off a range of infections it would normally cope with.

HIV is not the same as AIDS.

AIDS only develops if HIV is left untreated.

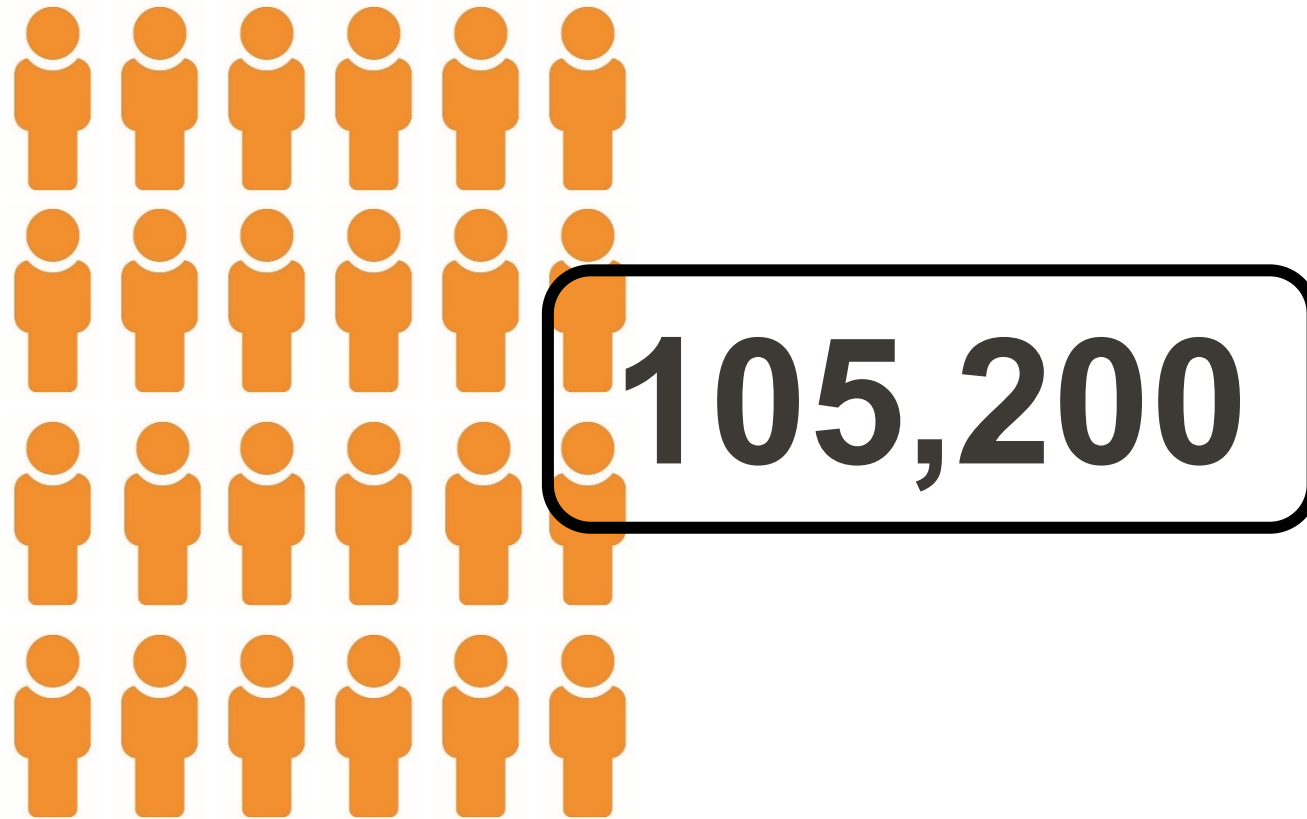


Globally, how many people are living with HIV?

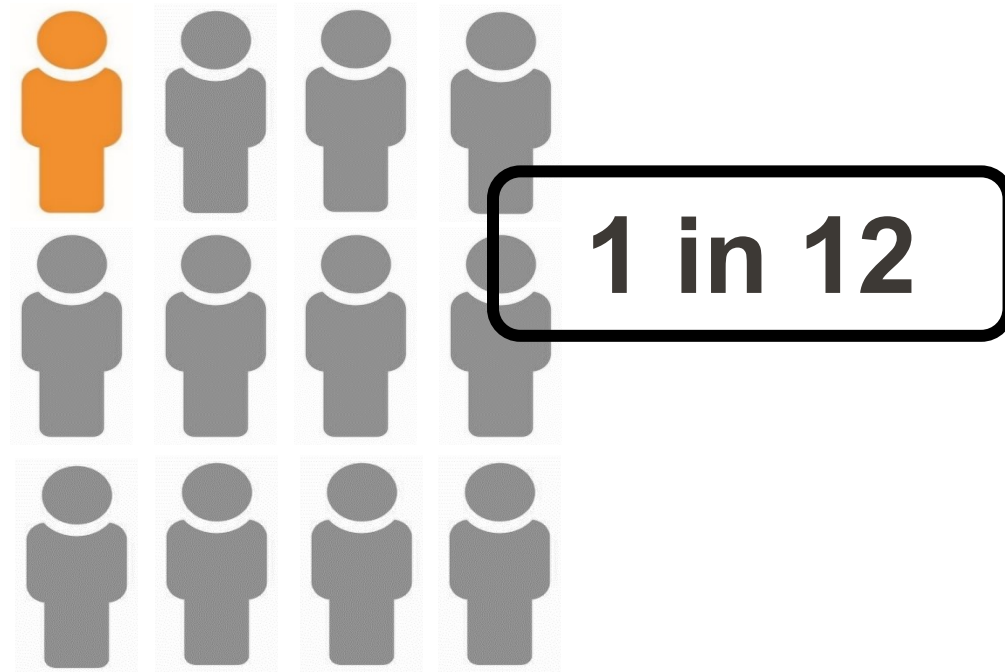


**37.7
million**

How many people are living with HIV in the UK?



Of everyone living with HIV in the UK, how many don't know?



Here are 5 HIV facts you should know.



1

People on effective HIV
treatment can't pass it on.



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2

HIV can't be passed on
through day-to-day contact.



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How is HIV passed on?

In the UK, the two main routes of getting HIV are:

1. Having sex without condoms or other types of protection.

(Other forms of protection include PrEP, a medication a person can take to stop them from getting HIV, and HIV treatment. If a person living with HIV is on effective treatment, they can't pass HIV on.)

2. Sharing needles and injecting equipment.



3

HIV can affect anyone.



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Image source: [Changing Perceptions](#)



4

People living with HIV live long and healthy lives.



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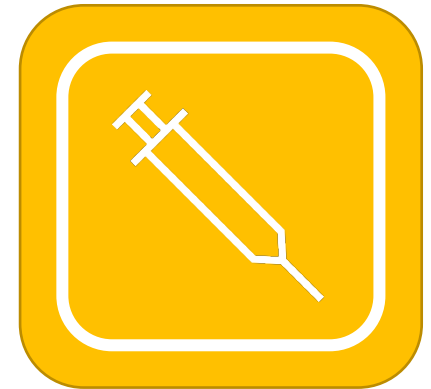
“Women living with HIV are just like you and me. HIV is a tiny virus which does not define who we are... With access to treatment, care and support, people living with HIV can lead healthy and fulfilling lives, work, study and have relationships and families - if that is what they wish.”



5

There are many ways to prevent HIV.

How to prevent HIV



Getting tested for HIV

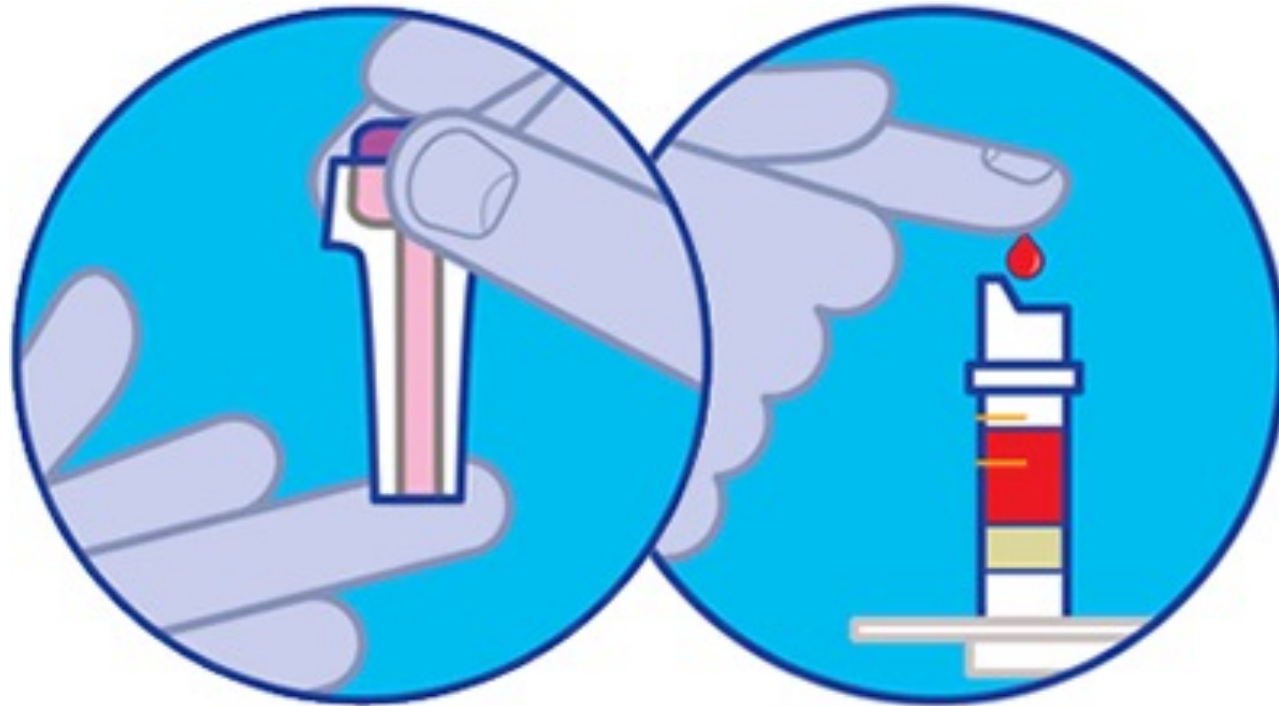


Image source: [Terrence Higgins Trust](#)



Living with HIV

HIV Stigma: *When people living with HIV are judged and treated badly because of prejudice and assumptions about HIV.*

Living with HIV

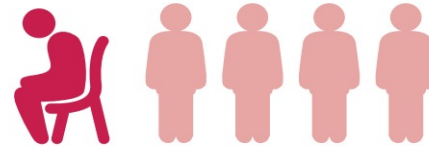


Living with HIV

Imagine you have been diagnosed with a long term health condition, but you are nervous that people might treat you differently when they find out, even though you can live a long, healthy life....



1 in 8 said they had never told anyone about their HIV status other than healthcare professionals



1 in 5 people needed help with loneliness and isolation in the past year

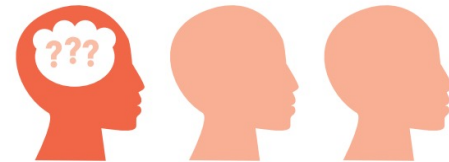


Living with HIV

....and even when you step into health care settings to receive the treatment that you need, you find that you are treated differently.



1 in 10 had actually been denied or refused a health treatment or procedure that they needed



1 in 3 worried that they would be treated differently to other patients



Image source: [Changing Perceptions](#)

What can you do?

- **#RocktheRibbon**
- Challenge HIV stigma
- Treat people living with HIV with respect
- Organise a fundraiser for National AIDS Trust



Summary

- HIV is a virus that attacks the body's immune system. It is not the same as AIDS.
- With effective medication, people living with HIV can't pass on the virus and can live as long as anyone else.
- HIV stigma can make life difficult for people living with HIV.
- You can support World AIDS Day by wearing a red ribbon, keeping yourself and others informed about HIV and treating people living with HIV with respect.



Some final words



“HIV can affect anyone regardless of gender, race, religion or sexuality. But protecting and respecting yourself and others is as simple as a health checkup and using protection and or prevention.”



We're the UK's HIV rights charity. We work to stop HIV from standing in the way of health, dignity and equality, and to end new HIV transmissions. Our expertise, research and advocacy secure lasting change to the lives of people living with and at risk of HIV.

www.nat.org.uk



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