



HIV AND AIDS

UNITING FOR WORLD AIDS DAY

On the first of December every year, the globe puts a spotlight on ways to support those affected by or living with HIV. The day also serves to commemorate those who have lost their lives to AIDS.

In 2020, many efforts intended to address the burden of HIV were overshadowed by the outbreak of COVID-19. International lockdowns hindered the manufacture and distribution of drugs and numerous clinics and other important resources were also affected. HIV and AIDS efforts must become a priority again.

In this together

UNAIDS has announced that the theme for World AIDS Day 2020 is “Global solidarity, shared responsibility,” in order to highlight how instrumental the role of each community and each individual within that community is, to the eradication of HIV and AIDS. The organisation says it is time for “the world to come together” and respond in a new way to address this epidemic.

What you can do

For a start, you can show your support and promote awareness of HIV and AIDS by wearing a red ribbon on World AIDS Day in global solidarity.

You can educate yourself about how HIV and AIDS may be affecting your community (or another community that you wish to support) and assist HIV and AIDS organisations and educators to promote awareness and provide essential services.

You can consider donating money, resources, or your time to these causes.

Share HIV and AIDS awareness campaigns on social media and discover if there are any groups or online organisations that you might be able to promote or help.

Don't assume you already know everything about HIV and AIDS. Discover any new developments or breakthroughs (from established and reputable news sources) that may empower you to share knowledge with those around you.

Fight stigma. There is no shame about living with HIV and many activists and thought leaders on the subject can be celebrated and supported to promote a healthy and optimistic approach to dealing with the condition.

Know your status. Get tested. Educate yourself and those around you on how to prevent the transmission of HIV and seek treatment options immediately if you test positive. We all need to chip in to make a difference.