



# 2025 HIV AND AIDS AWARENESS DAYS

Awareness days help educate the general public and specific communities about HIV and AIDS. Display this poster as a reminder of upcoming awareness days, and use the hashtags provided to spread the message on social media.

## FEBRUARY

7

### National Black HIV/AIDS Awareness Day

#NBHAAD

According to the Centers for Disease Control and Prevention (CDC), Black people account for 37% of new HIV cases, even though they make up only 12% of the U.S. population. NBHAAD helps raise awareness of HIV testing, prevention and treatment in communities of color.



28

### HIV Is Not a Crime Awareness Day

#HIVisNotaCrime

HIV-specific laws are outdated, they punish people living with HIV and they disproportionately impact Black, Latino and LGBTQ people and individuals who engage in sex work. This awareness day aims to educate people about HIV criminalization laws in the country and amplify the work of those trying to reform them.



## MARCH

10

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

#NWGHAAD

Women are less likely to be screened for HIV, in part because of the perception that they are not at risk. This awareness day emphasizes the need for further prevention efforts aimed at women and girls and promotes equity in HIV care and treatment.

20

### National Native HIV/AIDS Awareness Day

#NNHAAD

Observed on the first day of spring, this day aims to combat HIV-related stigma in Indigenous communities. It also encourages American Indians, Alaska Natives and Native Hawaiians to get tested and promote awareness of HIV in their communities.



## APRIL

10

### National Youth HIV & AIDS Awareness Day

#NYHAAD

According to the CDC, people ages 13 to 34 accounted for 60% of estimated new HIV infections in 2022. This awareness day was launched to encourage young people to talk about HIV and AIDS.



18

### National Transgender HIV Testing Day

#NTHTD

HIV disproportionately affects the transgender community. NTHTD recognizes the importance of routine testing and a continued focus on HIV prevention and treatment among people who are transgender, gender-nonconforming and nonbinary.



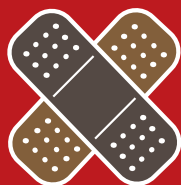
## MAY

18

### HIV Vaccine Awareness Day

#HVAD

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



19

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

#APIMay19

This awareness day presents an opportunity to highlight how HIV uniquely affects Asians and Pacific Islanders. The goal is to promote HIV testing and treatment and encourage conversations about HIV in these communities.

19

### Hepatitis Testing Day

#HepTestingDay

Approximately 20% of people living with HIV nationwide also have hepatitis C, and around 10% of people with HIV are also living with hepatitis B. Hepatitis Testing Day aims to raise awareness of hep B and C and encourage testing.



## JUNE

5

### HIV Long-Term Survivors Awareness Day

#HLTSAD

First observed in 2014, this awareness day honors long-term survivors of HIV, highlights the challenges they face and provides an opportunity to advocate for resources to meet their particular needs.



27

### National HIV Testing Day

#HIVTestingDay

According to the CDC, approximately 13% of people living with HIV don't know they have the virus. This awareness day serves as a reminder to people of all ages to learn the facts about HIV and get tested for the virus.



## JULY

21

### Zero HIV Stigma Day

#ZeroHIVStigmaDay

This awareness day spearheads a movement that highlights the detrimental impacts of HIV-related stigma around the world and promotes ways to take action against it.



## AUGUST

20

### Southern HIV/AIDS Awareness Day

#SHAAD

In 2022, nearly half of new HIV diagnoses were in the South. SHAAD raises awareness of the HIV crisis in the region and marks an opportunity to advocate for resources to address it.



31

### National Faith HIV/AIDS Awareness Day

#NFHAAD

HIV affects people of all faiths across the United States. The goal of NFHAAD, which is observed on the last Sunday in August, is to bring together Muslims, Christians, Jews, Buddhists, Hindus and members of other religions to raise awareness and fight the virus.



## SEPTEMBER

9

### National African Immigrants and Refugee HIV/AIDS and Hepatitis Awareness Day

#NAIRHHADay

This awareness day draws national and local attention to the HIV and viral hepatitis needs of African immigrants living in the United States through awareness, education and resources. The goal is to address some of the unique issues that African immigrants face.



18

### National HIV/AIDS and Aging Awareness Day

#HIVandAging

According to the CDC, more than 50% of people living with HIV in the United States are ages 50 and older. This awareness day promotes education around HIV and encourages HIV testing for all older adults.



27

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

#NGMHAAD

According to the CDC, gay and bisexual men accounted for 71% of new HIV infections in the United States in 2022. NGMHAAD is a time to promote HIV testing and raise awareness about HIV prevention and treatment and the unique needs of gay and bi men.



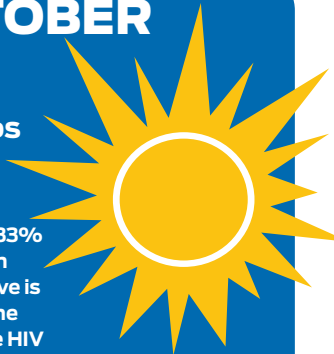
## OCTOBER

15

### National Latinx AIDS Awareness Day

#NLAAD

According to the CDC, Latinos accounted for 33% of new HIV infections in 2022. NLAAD's objective is to unite and mobilize the community to promote HIV testing and education.



## DECEMBER

1

### World AIDS Day

#WorldAIDSDay

Nearly 40 million people across the globe were living with HIV in 2023, according to UNAIDS. On this awareness day, the world comes together to show solidarity in the fight against HIV, express support for those living with the virus and remember those lost to the epidemic.



# If your test result is **negative** (**non-reactive**)

When it comes to HIV **prevention**, the Centers for Disease Control and Prevention (CDC) recommends that ALL sexually active adults and adolescents be informed about PrEP (pre-exposure prophylaxis). PrEP means routinely taking prescription medicine before you're exposed to HIV to help reduce your chances of getting it. **Here are some steps you can take for yourself and your sexual partner(s):**

**1**

## **Talk to your healthcare provider**

Have a conversation with your healthcare provider about all of your HIV prevention options, including PrEP.

**2**

## **Find out everything you can**

Scan the QR codes and explore resources on your own to get tips on how to be proactive about protecting your sexual health, including understanding your HIV prevention options, like PrEP medications.

**3**

## **Maintain your sexual health**

Regularly test for HIV and other sexually transmitted infections (STIs), use condoms, and communicate honestly with your partner(s). If you have been prescribed PrEP, continue to take it exactly as prescribed.

## Whatever your **results** may be...

### **Speak with a healthcare provider:**

1. How can I help protect myself and others?
2. How often should I get tested and retested?
3. How can I talk to my partner(s) about my status and theirs?

### **Share your status with partner(s)**

It may not be easy, but having a conversation with your partner(s) about your HIV status can help:

- Normalize the conversation around status, sexual health, and testing
- Empower others to make informed decisions about their sexual health
- Encourage all people to have conversations and stay engaged with their healthcare providers



# If your test result is **positive** (reactive)

Today, it's recommended that people living with HIV start **treatment** as soon as possible. Starting and staying on today's treatment can help you get to and stay at an undetectable status and prevent transmission of HIV to others through sex. **Here are some steps you can take for yourself and your sexual partner(s):**

**1**

## **Talk to your healthcare provider**

Ask what your test results mean for you and find out about HIV treatments that could best fit your personal routine.

**2**

## **Find out everything you can**

The more you know about HIV, the better. You can discover resources by scanning the QR codes, or even find helpful information on your own.

**3**

## **Maintain your sexual health**

Use condoms, practice safer sex, and start and stay on the treatment discussed with your healthcare provider.

## Helpful **terms** to know

### **TasP**

#### **Treatment as Prevention**

If you're living with HIV, current research shows that taking HIV treatment as prescribed and getting to and staying undetectable prevents transmitting HIV to others through sex. **This is also known as U=U (undetectable=untransmittable).**

### **PrEP**

#### **Pre-Exposure Prophylaxis**

PrEP (pre-exposure prophylaxis) means routinely taking prescription medicine **before you're exposed to HIV** to help reduce your chances of getting it. There are different PrEP options available, some of which are 99% effective. Just remember, PrEP doesn't protect against other STIs, so be sure to use condoms and other healthy sex practices.

### **Undetectable**

A major goal of HIV treatment is getting your viral load to undetectable. Undetectable means that there is so little virus in the blood that a lab test can't measure it. If you have questions about your lab results and what it means to be undetectable, talk with your healthcare provider.



# We can all fight against HIV

No matter what your HIV test results may be, staying educated on how to take care of yourself and your partner(s) is a key step to living a longer and healthier life.



Model portrayal

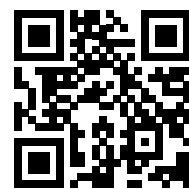
## Resources for you



**HEALTHYSEXUAL**<sup>®</sup>

[www.Healthysexuals.com](http://www.Healthysexuals.com)

Visit the link above for more information and educational resources about **PrEP**.



**STOP THE VIRUS.**

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

Visit the link above for more information and educational resources about **HIV treatment**.



**STOP THE VIRUS.**

If you are living with HIV, talk to your healthcare provider about treatment options.