

World AIDS Day Information Pack 2016

A man with a mustache and glasses is talking on a mobile phone. A speech bubble above him says "YUK, HOW DID SHE GET IT?".

HIV STIGMA: NOT RETRO, JUST WRONG

HIV is no longer a death sentence. However people's attitudes mean living with HIV can be really hard. It's time to end HIV stigma.

WORLDAIDSDAY.ORG

For more information
on Merseyside
www.sahir.org.uk

WORLD AIDS DAY
1 DECEMBER

TRANSFORMING
THE UK'S
RESPONSE
TO HIV

NAT

#WADmerseyside



World AIDS Day

World AIDS Day (WAD) is held yearly on 1st December. 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.

HIV STIGMA: NOT RETRO, JUST WRONG

The Not Retro campaign challenges the concept of HIV stigma and positions it as outdated, unfashionable and un-modern – something that should be left in the past.

It is compared to products, concepts and styles from the 1980's and 1990's. Some of these things are retro and deserve to come back, but many of them shouldn't. HIV stigma is just as prevalent today as it was then. It's time we moved on from the stigma. It's Not Retro, Just Wrong.

www.nat.org.uk

Why do we wear red ribbons to mark World AIDS Day?

The red ribbon is worn as a sign of support for people living with HIV. Wearing a red ribbon for World AIDS Day is a simple and powerful way to challenge the stigma and prejudice surrounding HIV and AIDS that prevents us from tackling HIV in the UK and internationally.

About this pack

This pack has been put together to help you mark World AIDS Day within your workplace / business / community. The information contained in the pack is meant as a support to help you learn more about HIV and understand how HIV can be transmitted. There are links to teacher's resources, facts for plasma screens, suggestions for tweeting etc.

If you need support with any activities please contact Serena Cavanagh, Health Promotion Lead at Sahir House.

There is a full list of events on the Sahir House website here.

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About HIV

What is HIV?

HIV stands for the Human Immunodeficiency Virus. It is a virus which attacks the body's immune system - the body's defence against diseases. When someone is described as living with HIV, they have the HIV virus in their body.

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. A person with HIV is considered to have developed AIDS when the immune system is so weak it can no longer fight off a range of diseases with which it would normally cope. This is however a dated term and not generally use by health workers, clinicians and supporters.

How is HIV passed on?

HIV can only be passed on through blood, semen, vaginal fluids, rectal secretions or breast milk in which HIV is present in sufficient levels to facilitate transmission.

The most common ways HIV is passed on are:

- ⦿ Sex without a condom with someone who has HIV which is undiagnosed or not taking their treatment
- ⦿ Sharing infected needles, syringes or other injecting drug equipment with someone who has HIV which is undiagnosed or not taking their treatment

Treatment

Treatment can keep the virus under control helping the immune system to remain healthy. People on HIV treatment can live an active life and happy healthy sex life, although they may experience side effects from the treatments.

If HIV is diagnosed late, treatment may be less effective.

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How can HIV be prevented?

HIV is a preventable infection. If someone knows that they are HIV positive they can take action to stop it being passed onto others. If someone is aware of how HIV can be passed on they can take action to protect them.

It is important for **EVERYONE** to know their HIV status, research shows that early diagnosis and treatment saves lives and helps reduce onward transmission of the virus.

**NATIONAL
HIV
TESTING
WEEK**

Liverpool Community Health (LCH) Specialist HIV Community Nursing Team, Armistead, Sahir House and Liverpool Centre for Sexual Health are raising awareness and encouraging people to educate themselves about HIV throughout National HIV Testing Week and World AIDS Day and have organised additional testing venues throughout the week.

Additional rapid HIV testing will be available on the following dates:

-  All week – Genitourinary Medicine, Royal Liverpool Hospital
-  Wednesday 23rd Nov, 12.00pm-4.00pm, Armistead, Hanover Street, L1 4AF
-  Thursday 24th Nov, 10.00am-2.00pm, St Bride's Church, Percy Street, L8 7LT
-  Monday 28th Nov, 1pm-4pm, Armistead, Hanover Street, L1 4AF
-  Tuesday 29th Nov, 1pm-4pm, Armistead, Hanover Street, L1 4AF
-  Wednesday 30th Nov, 12-4pm, Armistead, Hanover Street, L1 4AF
-  Monday 5th Dec, 12-3pm, Armistead, Hanover Street, L1 4AF

Please see links for all HIV testing on Merseyside

Royal Liverpool University Hospital
Liverpool HIV Community Nurses
Armistead
Knowsley Sexual Health Service
St Helens Sexual Health Service
Sefton Sexual Health Service
Wirral Sexual Health Service
Mersey Brook

Sexual Health Clinics (GUM)

Sexual Health Wirral	0151 514 6464
Sexual Health Liverpool	0151 706 2622/23
Southport Hospital	0170 451 3303
St Helens Hospital	0174 464 6473
Halton Hospital	0192 875 3217
Liverpool Brook Advisory	0151 207 4000



How you can support World AIDS Day

- 🧣 **Wear a red ribbon** - Red ribbons can be sold or handed out, supported by information about the red ribbon, what its meaning is, and why people wear one.
- 🧣 **HIV awareness in schools** – Teachers resources [here](#)
- 🧣 **Create an information point** – limited resources can be requested from Sahir House, use the enclosed list of useful websites to download resources or make your own. An information point or stall can be an excellent way of raising awareness and engaging with students, colleagues and educators alike.
- 🧣 **Organise a fundraising event** or request a collection tin from Sahir House
- 🧣 **Know the FACTS** - Invite Sahir House or Armistead to deliver HIV awareness information sessions to your work place, school or college
- 🧣 **Include a World AIDS Day feature** in any publications / plasma screens in your community / workplace to raise awareness and understanding of the impact of HIV
- 🧣 **Get tested** and promote HIV testing and National HIV Testing Week 19th November - to find your nearest testing centre [here](#) or phone 0151 237 3990
- 🧣 **Wear Red Day** – raise money for Sahir House
- 🧣 **Tweet / post on Facebook / Instagram / facts on plasma screens**
 - 🧣 99.5% of children born from HIV positive women don't have HIV
 - 🧣 Did you know, people living with HIV who are on effective treatment can expect a normal life expectancy
 - 🧣 85% of people diagnosed with HIV in the UK are not infectious
 - 🧣 There are only three ways to get HIV – unprotected sex (95%), sharing needles and mother-to-child transmission
 - 🧣 Most people living with HIV enjoy good health; why should they face bad attitudes
- 🧣 **Attend Sahir House World AIDS Day event at The Black-E**, 1 Great George St, Liverpool L1 5EW. Doors open 5.30pm; event commences 6.00pm – 7.30pm.
This is a FREE event, open to the public.

Don't forget to take photos and tweet [@sahirhouse](#) or email info@sahir.uk.com [#WADMerseySide](#) [#HIVNotRetro](#)