

DECEMBER 1, 2021

WORLD AIDS DAY

Unite in the fight against HIV, show support for people living with HIV and commemorate those who have died from an AIDS-related illness.

What is HIV?

HIV is a virus that attacks the body's immune system. If untreated, over time it is difficult for the body to fight off infections, resulting in AIDS.

The virus is spread through the blood, semen, vaginal fluids, rectal fluids and breast milk of an infected person.

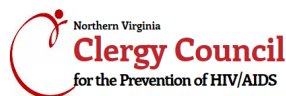
Prevention Measures

1. The ABC's of HIV prevention are Abstinence, Be faithful, and use a Condom consistently and correctly.
2. In addition, persons who are HIV negative may be able to take advantage of newer medicines called PrEP (pre-exposure prophylaxis) to prevent contracting HIV.
3. If you are living with HIV, taking medicine called antiretroviral therapy (ART) the right way, every day, can keep you healthy for many years and greatly reduce your chance of transmitting HIV to your partners.

COVID-19 and HIV

People with HIV should take preventive actions by getting a COVID-19 vaccine, wearing a mask, social distancing at least 6 feet from others, and washing hands with soap and water for at least 20 seconds to help prevent the spread of COVID-19.

For more information visit www.cdc.gov/hiv.



For resources, visit fairfaxcounty.gov/health/hiv-aids and www.nvccpha.org.

To request this information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.
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HIV does not discriminate.

We can stop HIV together by getting the facts, getting tested, and getting involved to raise awareness.



About **1 in 7** people in the United States who have HIV do not know they have it.

The only way to know for sure whether you have HIV is to get tested.

In 2019, **36,801** people received an HIV diagnosis in the United States.
(CDC, 2021)

You are not alone. Take control of your health.
Get tested today.