



PAN-AFRICAN  
MANAGED CARE



world

**AIDS**  
**DAY**

1 December 2022

# WORLD AIDS DAY

1 DECEMBER 2022

#WorldAIDSDayEndinequalities.

**With a special focus on reaching people left behind, WHO and its partners are highlighting the growing inequalities in access to essential HIV services.**

## **Fear, Stigma, and ignorance.**

Stigma remains a fundamental barrier in fighting HIV, much of the fear and stigma that surrounded the AIDS epidemic of the 1980's and 1990's still exists. Over the last few years, progress towards HIV goals has stalled, resources have shrunk and numerous lives are at risk as a result. Disparity and inequity of access to health services, and HIV services, and disregard for human rights are among the failures that allowed HIV to become and remain a global health crisis. Former President Nelson Mandela said: "Many people suffering from AIDS and not killed by the disease itself are killed by the stigma surrounding everybody who has HIV and AIDS."



There are many things you can do to support a friend or loved one who has been recently diagnosed:

## **Supporting Someone with HIV.**

Listen to their needs, learn about HIV, encourage them to start HIV treatment as soon as possible, and support medication adherence.





If your friend, family member, or co-worker has had HIV for some time and has just informed you, here is how you can be supportive:

**Acknowledge.** If someone has disclosed their HIV status to you, thank them for trusting you with their private health information.

**Ask.** If appropriate, ask if there's anything that you can do to help them. One reason they may have chosen to disclose their status to you is that they need an ally or advocate, or they may need help with a particular issue or challenge. Some people are public with this information; other people keep it very private. Ask whether other people know this information, and how private they are about their HIV status.

**Reassure.** Let the person know, through your words or actions, that their HIV status does not change your relationship and that you will keep this information private if they want you to.

**Learn.** Educate yourself about HIV. Today, people with HIV who take HIV medicine as prescribed can get and keep an undetectable viral load, stay healthy, and will not transmit HIV to their sexual partners. Don't make assumptions and look to your friend for guidance.

Here are some other ideas for standing up to stigma:

- Get the facts.
- Get inspired.
- Learn more.
- Get involved.
- Keep information about people's status confidential.