



WORLD AIDS DAY

Working Together to End
Inequalities, AIDS, TB
and COVID-19

Get Tested. Get Vaccinated. Adhere to Treatment

WORLD AIDS DAY (WAD) 2021 CAMPAIGN

Advocacy & Communication Toolkit



2021 WORLD AIDS DAY

KEY MESSAGES

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<p><i>Adolescent Girls and Young Women (AGYW)</i></p>	<ul style="list-style-type: none"> • Find out how you get HIV and stay safe. Know your status & get tested! • Visit your local clinic to learn more about preventing STIs & HIV. Remember - always use condoms. • Access PrEP and other sexual reproductive health services such as HIV testing, family planning, condoms, STI screening! Find a clinic closest to you and learn about the youth friendly services that are available for you. • If things seem to be going wrong in your relationships or family life – including violence in the home or child abuse – then it’s time to get help - there are many service providers who can help you. You can reach out! • There can be a lot of pressure to have sex when you are young but it’s important to only have sex when you are ready - know your sexual rights! • You are in control of your health & wellness! If you’re having sex, keep up with your contraception. Remember, you can still get your contraception at your nearest clinic, even during lockdowns. Contraceptives are available FREE from clinics! • Family planning empowers women to make educated sexual reproductive decisions best suited to them. Empower yourself! It’s your body, your life & your choice. • PrEP is an additional HIV prevention method used by HIV-negative people. Find a clinic close to you and learn more about PrEP.
<p><i>The New Status: u=u</i></p>	<ul style="list-style-type: none"> • U=U is not new to the medical world, but it is new information to a lot of people – including people living with HIV. We want people to know this is a game changer. Things aren’t just black or white – positive or negative. HIV has a New Status called U=U, where you can be HIV positive and can’t pass the virus onto your partner or unborn baby, if you stick to your treatment. • If a HIV positive person regularly takes their ARVs, they can decrease the amount of HIV in their blood to such a low number - it cannot be detected. It is UNDETECTABLE. • If the HIV is so low it is undetectable, it cannot be passed on to their sexual partner and then it becomes UNTRANSMITTABLE. • When a patient gets to U=U, they have achieved The New Status!

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	<ul style="list-style-type: none"> • If a patient starts and stays on ARV's, they can achieve The New Status in just 6 months. However, they must continue taking treatment to maintain The New Status and checking their viral load routinely. A person can lose their New Status if they stop taking their medication every day. Also, important to know is that U=U and The New Status cannot protect a patient from Sexually Transmitted Infections (STIs) or pregnancy. It is still important to use protection, like condoms, to protect them from STIs! • HIV is no longer what people think it is. People living with HIV can live a long, healthy life by starting treatment and sticking to it. Taking their ARV medication daily will help them reach The New Status.
<p><i>Treatment adherence is key to surviving a severe COVID-19 infection</i></p>	<ul style="list-style-type: none"> • Get your treatment from a collection point in your community through 'Dablapmeds' – ask your nurse how to register • If you're away from where you live, collect your treatment from ANY public clinic closest to you.
<p><i>Together, we can prevent the second wave of COVID-19</i></p>	<ul style="list-style-type: none"> • Know the symptoms of COVID-19 so you can self-isolate in time or seek medical care if necessary • Avoid crowded spaces • Always observe COVID-19 safety measures (mask wearing, sanitising, social distancing) • Stay home when you are sick • Avoid traveling if it's not necessary • Clean and disinfect frequently touched surfaces and objects • Always wear a mask when at the clinic • Maintain social distancing • Wash or sanitise your hands
<p><i>Substance abuse disrupts your routine and compromises your health</i></p>	<ul style="list-style-type: none"> • Substance abuse could make you forget to take your treatment • Substance abuse increases your chances of engaging in risky sexual behavior, such as having sex without a condom • When intoxicated, you may: <ul style="list-style-type: none"> • forget to wear your mask • forget to wash or sanitise your hands • forget to observe social distancing • Substance abuse weakens your immune system • Substance abuse contribute to gender-based violence – GBV is one of the social drivers of HIV
<p><i>Spreading fear, stigma and discrimination hampers the response</i></p>	<ul style="list-style-type: none"> • Act against stigma and discrimination against people with HIV or TB and protect everyone's human rights • Stigma and discrimination may discourage people from seeking medical care • Avoid spreading false information about COVID-19 or HIV as this may perpetuate stigma and discrimination

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	<ul style="list-style-type: none"> • Combating stigma helps everyone stay safe and feel protected in our communities.
<p><i>Our Actions Count!</i></p>	<ul style="list-style-type: none"> • We all have a role to play in ending HIV, TB and STIs • If you are sexually active, protect yourself and your sexual partners by always using a condom. • If you have TB make sure that you finish your treatment so that you can be cured • Check your HIV status regularly so that you can stay negative or get care to remain healthy • Get screened for TB if you have symptoms of an active TB infection, including cough that last 3 weeks or longer • Act against gender-based violence (GBV) • Avoid alcohol and substance abuse • If you are living with HIV, do everything you can to stay on your treatment and join a group of other people living with HIV for support.