

# WORLD AIDS DAY 2018

## HIV in the UK

World AIDS Day is celebrated  
annually on **1st December**

Created by NAT (National AIDS Trust)



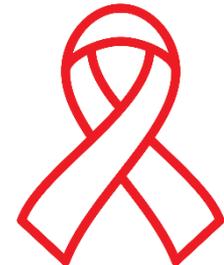


# Overview

- ▶ The history of HIV
- ▶ Key facts about HIV today
- ▶ What can you do?

# What is World AIDS Day?

- ▶ World AIDS Day (WAD) is held every year on 1st December to raise awareness about HIV.
- ▶ 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.



# What is HIV?

- ▶ **HIV** is a virus that attacks the body's immune system. It stands for Human Immunodeficiency Virus (HIV).
- ▶ **AIDS** stands for Acquired Immune Deficiency Syndrome and can develop when HIV damages the immune system to such an extent that it can no longer fight off a range of infections it would normally cope with.



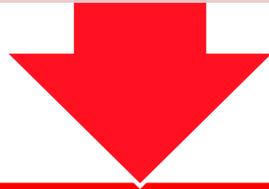
# How many people are living with HIV?

- ▶ Around **101,200** people are living with HIV in the UK.
- ▶ Of these, **1 in 8 people** do not know they have the virus.
- ▶ **2 in 5 adults** were diagnosed with HIV at a late stage. Late diagnosis can cause complications and even shorten your life expectancy.
- ▶ **36.7 million** people across the world are living with HIV. In some countries, people can struggle to access testing or treatment.

# The History of HIV

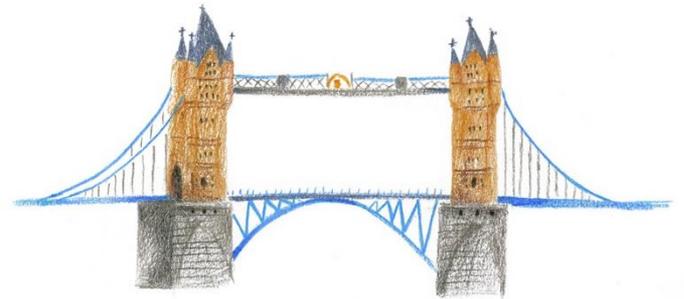
1981

First case of AIDS was reported in the UK



1987

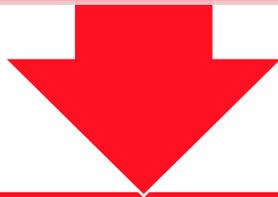
Protests are held across the USA in response to the high costs of treatment



# The History of HIV

1991

World AIDS Day is created and takes place on December 1<sup>st</sup>



1996

New drugs are developed to treat HIV. Deaths fall dramatically.



# The History of HIV

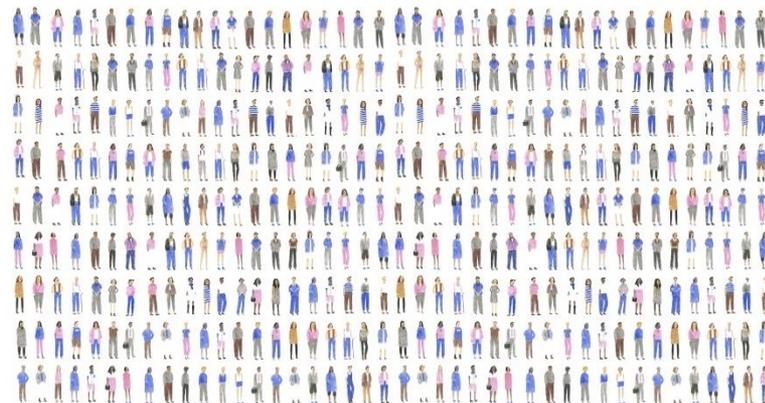
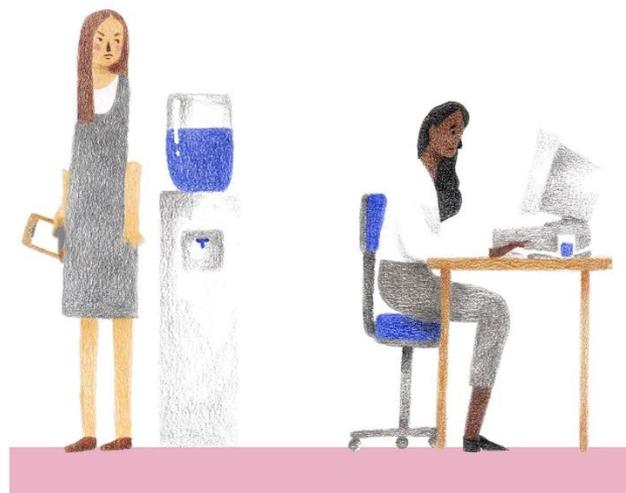
**2005**

The Disability Discrimination Act is passed and gives legal protection against discrimination for people living with HIV



**2007**

33 million people around the world are living with HIV



# The History of HIV

**2011**

Trial shows that a person living with HIV who is responding well to treatment will not pass on HIV during unprotected sex



**2017**

For the first time, UK clinics report a large drop in new cases of HIV. The success is put down to increases in testing and treatment, and the use of a new prevention pill called PrEP.



## KEY FACTS ABOUT HIV

- ▶ The following are some of the key facts about HIV. Knowing this information will help you challenge stigma and discrimination against people living with HIV.
- ▶ **How many of these key facts did you know before today?**



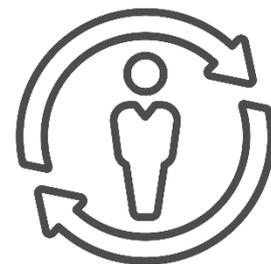
## Key fact 1: People living with HIV can live long and healthy lives

- ▶ There isn't a cure for HIV but treatment is so advanced that it can now be managed very well.
- ▶ If you are diagnosed in good time and take your medication as prescribed, your life expectancy can be just the same as anyone else.



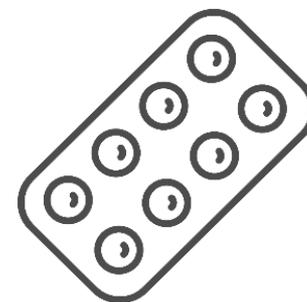
## Key fact 2: HIV cannot be passed on through day-to-day contact

- ▶ HIV is passed on through sex without a condom or through sharing needles or injecting equipment with someone who has detectable levels of HIV.
- ▶ If someone living with HIV responding well to treatment and has an undetectable viral load – **they cannot pass the virus on.**
- ▶ There is **no risk** of contracting HIV through day-to-day contact, touching and kissing. HIV cannot be passed on through saliva, sweat or urine, because these bodily fluids do not contain enough of the virus.



## Key fact 3: If you've been at risk of HIV, you can get treatment to prevent it

- ▶ If you know you've been at risk of getting HIV you can take Post Exposure Prophylaxis (PEP).
- ▶ You must **start** taking PEP **within 72 hours** of being exposed to HIV. PEP involves taking daily HIV medication for 4 weeks in total.
- ▶ If you think you have been at risk of HIV, you should get a free and confidential HIV test and/or request PEP at your local sexual health clinic or A&E.



## Key fact 4: HIV can affect anyone

- ▶ **Anyone** who has sex without a condom or shares needles and equipment when injecting drugs is at risk of HIV.
- ▶ As a group, gay and bisexual men are disproportionately affected by HIV. But, there are **more heterosexual people living with diagnosed HIV in the UK (49,500)** compared with men who have sex with men (47,000).



## Key fact 5: If you or your partner has HIV, you can still have a baby

- ▶ If someone living with HIV decides to have a baby they can take steps to ensure HIV is not passed on to a partner when trying to conceive (if one of the partners is HIV negative).
- ▶ If someone living with HIV is pregnant they can take medication to prevent HIV being passed on to the baby.
- ▶ In the UK today there is less than a 0.5% chance of HIV being passed to an infant if the right steps are taken.



## Key fact 6: There is a new pill that prevents you from getting HIV

- Pre-Exposure Prophylaxis (PrEP) is a pill that you can take daily to protect yourself from HIV
- The NHS in England is currently running a medical trial of PrEP which means 13,000 people, over three years, at risk of acquiring HIV can access it freely via their sexual health clinic
- By the end of 2018, PrEP will be available in some form on the NHS across the UK.



## World AIDS Day 2018: Rock the Ribbon

- ▶ The 2018 World AIDS Day campaign is *Rock the Ribbon*. We are encouraging everybody to wear their red ribbon with pride, show support for people living with HIV and tackle the life-changing stigma and discrimination that people can face.



# What can you do?

We can all do our bit to help end HIV and HIV stigma and discrimination.

## ➤ **Wear a red ribbon on World AIDS Day**

The red ribbon acts as a sign of solidarity with people living with HIV and as a sign of remembrance for those who have died.



## ➤ **Challenge HIV stigma with the key facts you've learned today**

If you hear someone saying stigmatising things about HIV, challenge them or tell an adult



# What can you do?

## ► Keep yourself and others informed about HIV

Tell your friends and parents about this assembly and what you have learned. You can learn more HIV facts at [www.nat.org.uk](http://www.nat.org.uk)



## ► Treat people living with HIV with respect

If someone tells you they have HIV, don't tell anyone else without their permission. Be supportive, respect their confidentiality and treat them like you would treat anyone else.



# What can you do?

## ► Become an HIV activist

You can sign up to become an HIV Activist and get involved in campaigns at: <http://www.nat.org.uk/we-need-you/get-involved/hiv-activists>



## ► Organise a fundraiser for an HIV organisation

Organise an event at your school or in your community to raise much-needed funds for HIV organisations in your local area or national organisations like NAT. We've got a list of great ideas for fundraising events at <http://www.worldaidsday.org/fundraising>



# Summary

- ▶ HIV is a virus that attacks the body's immune system. It is not the same thing as AIDS.
- ▶ In the UK, HIV is most commonly passed on through unprotected sex when someone doesn't know they have HIV.
- ▶ With effective medication, people living with HIV **can't pass on the virus** and can live as long as anyone else.
- ▶ You can support World AIDS Day by wearing a red ribbon, keeping yourself and others informed about HIV and treating people living with HIV with respect.

# WORLD AIDS DAY 2018

1<sup>st</sup> December 2018

NAT would like to thank Jack Coles for providing the illustrations used in this assembly.

Twitter: @NAT\_AIDS\_Trust

Instagram: @nationalaidstrust

Website: [www.nat.org.uk](http://www.nat.org.uk)

