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## **World AIDS Day – Every Journey Counts**

World AIDS Day is marked on 1 December each year, to raise awareness across the world and in the community about the issues surrounding HIV and AIDS. It is a day to show support for people living with HIV and to commemorate loved ones who we have lost to the epidemic.

The day also aims to encourage Australians to educate themselves and others about HIV and to ensure that people living with HIV can participate fully in the life of the community, free from stigma and discrimination.

HIV still exists in Australia and can affect anyone. While there is still no vaccine or cure for HIV, there are now highly effective treatments and prevention options. People with HIV can take medications on a daily basis to maintain their HIV at an undetectable level and to keep them healthy. Today, HIV is considered a chronic but manageable condition, and people with HIV can lead long and healthy lives, with a similar life expectancy to a person who does not have HIV.

Natasha Miliotis, SHINE SA's Chief Executive Officer said that:

“Like many other conditions, HIV can be prevented. By being informed about what HIV is and how it can be transmitted, we can take measures to look after ourselves and others.”

SHINE SA encourages people looking to test for or talk about HIV to visit one of our clinics, or contact SAMESH ([www.samesh.org.au](http://www.samesh.org.au)) a collaborative program of Thorne Harbour Health and SHINE SA.

You can show your support for people with HIV on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support. You can also find a World AIDS Day event near you by visiting [www.worldaidsday.org.au](http://www.worldaidsday.org.au).

To read SHINE SA's Fact Sheet on HIV visit: [www.shinesa.org.au/health-information/sexually-transmitted-infections/hiv/](http://www.shinesa.org.au/health-information/sexually-transmitted-infections/hiv/)

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