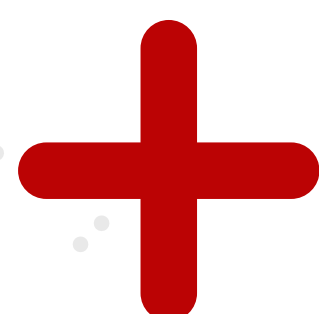
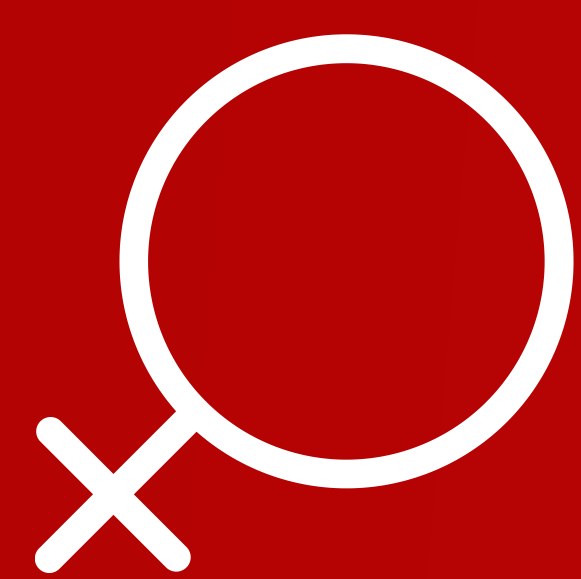
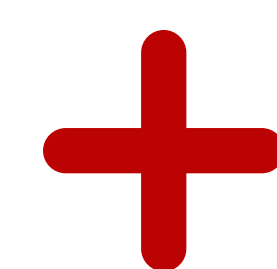


# WORLD AIDS DAY



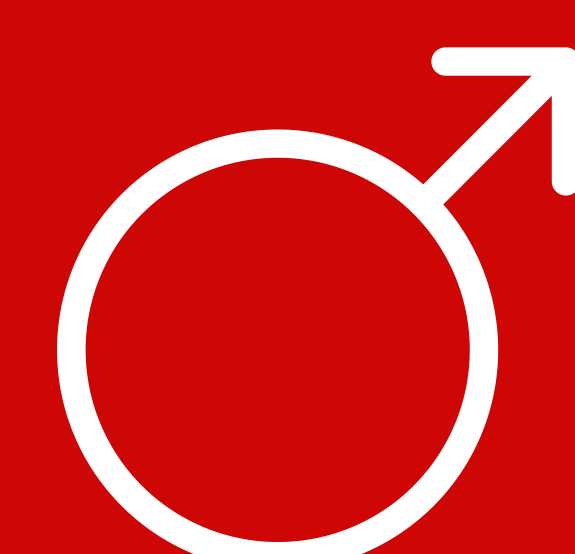
DECEMBER 1



Together We Prevent  
and Control **HIV AIDS**



**AWARENESS TO ACTION:  
FIGHTING AIDS, SAVING LIVES**





World AIDS Day is a global movement to unite people in the fight against HIV and AIDS. Globally, an estimated 38 million people live with the virus. More than 35 million people have died of HIV or AIDS related illnesses over the past 40 years, making it one of the most destructive pandemics in history.



**TOGETHER, WE CAN END HIV STIGMA**

# KEY FACTS

HIV remains a major global public health issue, having claimed an estimated 42.3 million lives to date. Transmission is ongoing in all countries globally.

There were an estimated 39.9 million people living with HIV at the end of 2023, 65% of whom are in the WHO African Region.

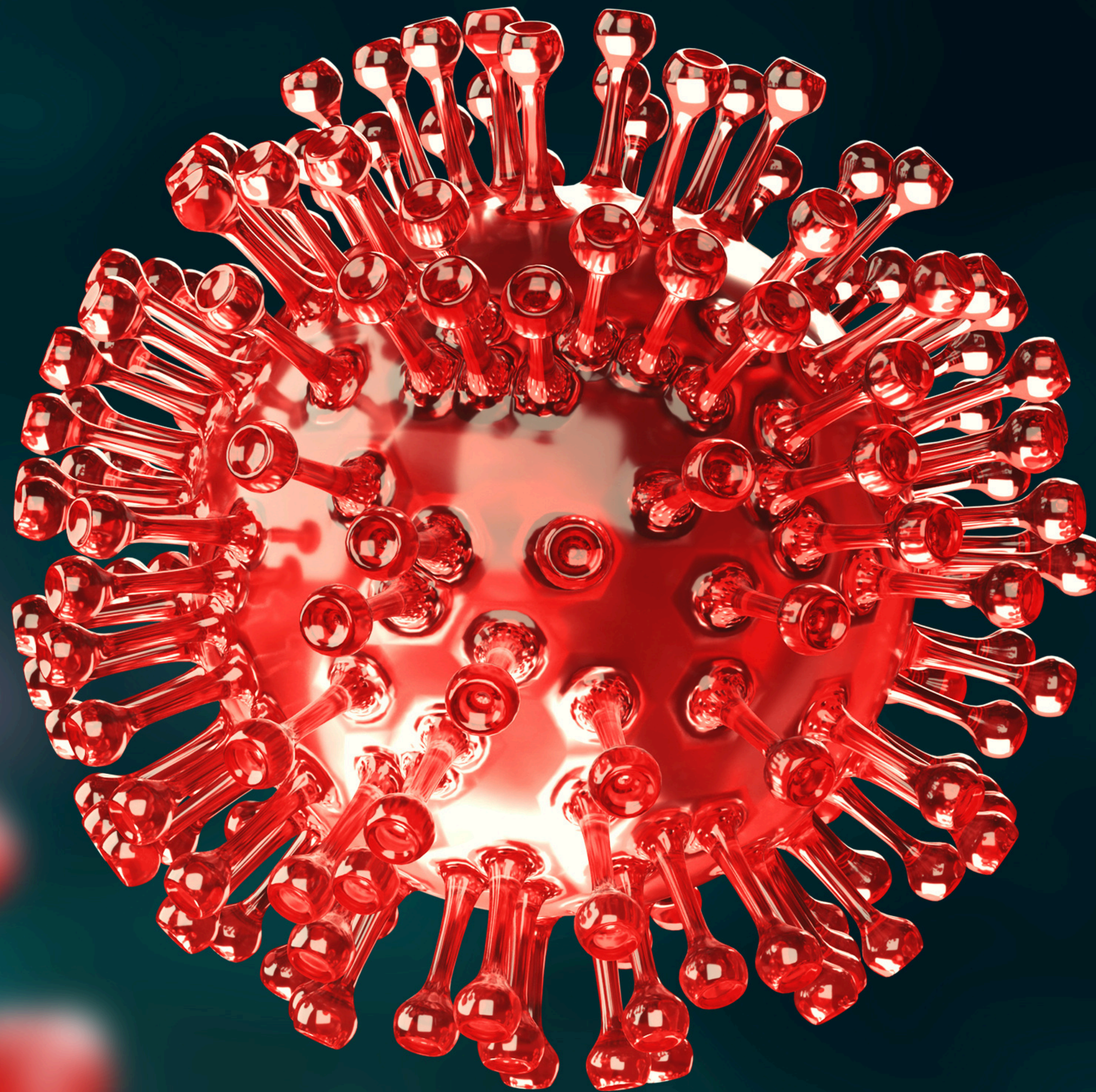
In 2023, an estimated 630 000 people died from HIV-related causes and an estimated 1.3 million people acquired HIV.

There is no cure for HIV infection. However, with access to effective HIV prevention, diagnosis, treatment and care, including for opportunistic infections, HIV infection has become a manageable chronic health condition, enabling people living with HIV to lead long and healthy lives.

WHO, the Global Fund and UNAIDS all have global HIV strategies that are aligned with the SDG target 3.3 of ending the HIV epidemic by 2030.

By 2025, 95% of all people living with HIV should have a diagnosis, 95% of whom should be taking lifesaving antiretroviral treatment, and 95% of people living with HIV on treatment should achieve a suppressed viral load for the benefit of the person's health and for reducing onward HIV transmission. In 2023, these percentages were 86%, 89%, and 93% respectively.





Human immunodeficiency virus (HIV) is a virus that attacks the body's immune system.

HIV targets the body's white blood cells, weakening the immune system. This makes it easier to get sick with diseases like tuberculosis, infections and some cancers.

HIV is spread from the body fluids of an infected person, including blood, breast milk, semen and vaginal fluids. It is not spread by kisses, hugs or sharing food. It can also spread from a mother to her baby.

HIV can be prevented and treated with antiretroviral therapy (ART). Untreated HIV can progress to AIDS, often after many years.

WHO now defines Advanced HIV Disease (AHD) as CD4 cell count less than 200 cells/mm<sup>3</sup> or WHO stage 3 or 4 in adults and adolescents. All children younger than 5 years of age living with HIV are considered to have advanced HIV disease.

# SYMPTOMS

The symptoms of HIV vary depending on the stage of infection.

In the first few weeks after being infected people may not experience symptoms. Others may have an influenza-like illness including:

- fever
- headache
- rash
- sore throat

The infection progressively weakens the immune system. This can cause other signs and symptoms:

- swollen lymph nodes
- weight loss
- fever
- diarrhoea
- cough

Without treatment, people living with HIV infection can also develop severe illnesses:

- tuberculosis (TB)
- cryptococcal meningitis
- severe bacterial infections
- cancers such as lymphomas and Kaposi's sarcoma.
- HIV causes other infections to get worse, such as hepatitis C, hepatitis B and mpox



# TRANSMISSION

HIV can be transmitted via the exchange of body fluids from people living with HIV, including blood, breast milk, semen, and vaginal secretions. HIV can also be transmitted to a child during pregnancy and delivery. People cannot become infected with HIV through ordinary day-to-day contact such as kissing, hugging, shaking hands, or sharing personal objects, food or water.

# RISK FACTORS

Behaviours and conditions that put people at greater risk of contracting HIV include:

- having anal or vaginal sex without a condom;
- having another sexually transmitted infection (STI) such as syphilis, herpes, chlamydia, gonorrhoea and bacterial vaginosis;
- sharing contaminated needles, syringes and other injecting equipment, or drug solutions when injecting drugs;
- receiving unsafe injections, blood transfusions, or tissue transplantation; and
- medical procedures that involve unsterile cutting or piercing; or accidental needle stick injuries, including among health workers.





# PREVENTION & TREATMENT

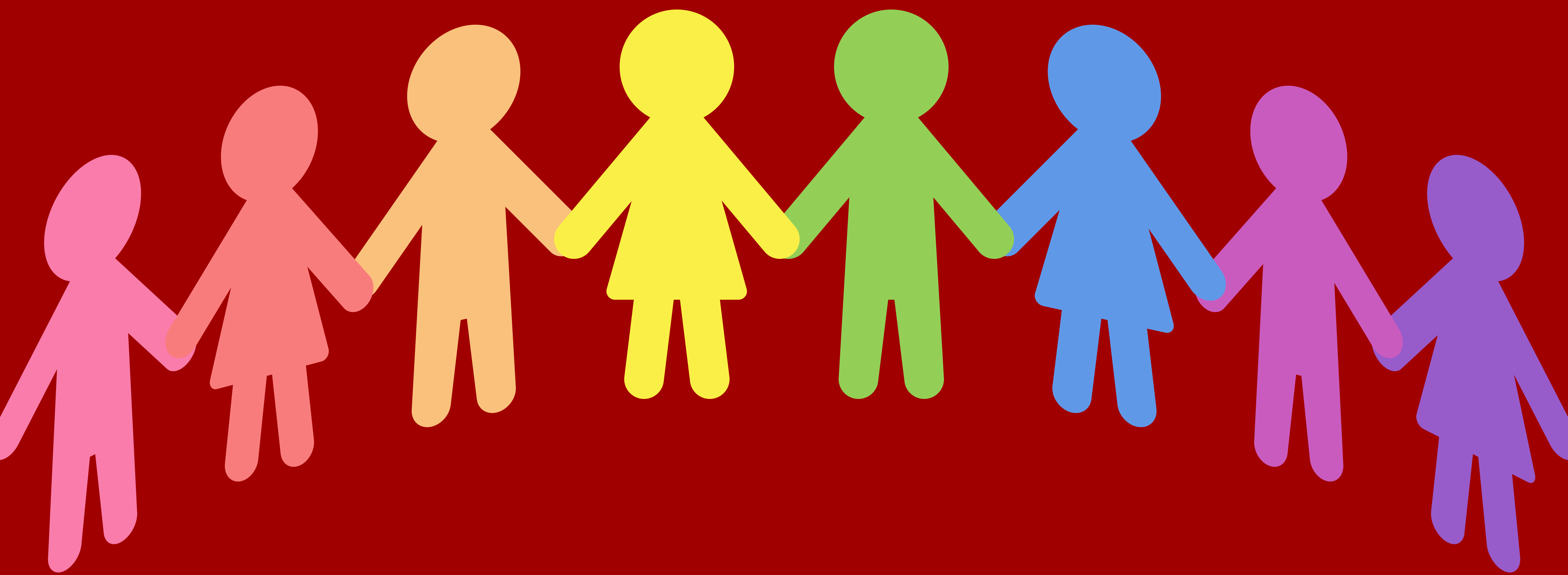
HIV is a preventable disease. Reduce the risk of HIV infection by:

- using a male or female condom during sex
- being tested for HIV and sexually transmitted infections
- having a voluntary medical male circumcision

There is no cure for HIV infection. It is treated with antiretroviral drugs, which stop the virus from replicating in the body.

Current antiretroviral therapy (ART) does not cure HIV infection but allows a person's immune system to get stronger. This helps them to fight other infections.

Currently, ART must be taken every day for the rest of a person's life.



*Together, we can fight HIV, support lives,  
and build a healthier future.*

