



# WORLD AIDS DAY

Let's unite in the fight against HIV

## WHY IS WORLD AIDS DAY IMPORTANT?

There are an estimated **38 million** people worldwide living with HIV.

Although the virus was only officially identified in 1984, over **35 million** people have died of HIV or AIDS, making it one of the most devastating pandemics of all time.

World AIDS Day is on 1 December each year. The aim of this day is to unite people in the fight against HIV, support those affected by the virus, and commemorate people who have lost their lives from AIDS-related illnesses.

Although scientists have made advancements towards treating HIV and there is more public understanding of the virus, many people living with HIV or AIDS continue to face discrimination and stigma.

World AIDS day is important because it reminds us that HIV hasn't disappeared. We need to raise awareness of the virus, educate people on how to protect themselves, raise money and fight prejudice.

## HIV SYMPTOMS

Many people who have HIV don't know they're infected. Although most people experience a short flu-like illness two to six weeks after infection, these **symptoms** disappear. HIV may not cause further symptoms for years, despite the damage it has done to your immune system.

If you think you've been exposed to HIV, you must get tested.

When detected and treated early, most people with HIV don't go on to develop any AIDS-related illnesses and live a near-normal lifespan.

# HOW TO PROTECT YOURSELF AGAINST HIV

HIV is transmitted via bodily fluids. Therefore, you should practice safe sex, including:



**Wearing a  
condom**



**Choosing sexual  
partners wisely**



**Getting tested  
regularly for HIV and  
other STIs**

If your partner is HIV-positive or you're not in a monogamous relationship, you can take a medication called pre-exposure prophylaxis (PrEP). This medication lowers your chances of contracting HIV.

Following a sexual encounter where you may have been exposed to the virus, you can take post-exposure prophylaxis (PEP) within 72 hours.

HIV can also be transmitted via your blood so you should never share needles with anyone else.

## CIGNA IS HERE FOR YOU

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Download the app for free today via the [App Store](#)<sup>1</sup> or [Google Play](#)<sup>2</sup>.



### Have any questions?

Don't hesitate to reach out to us. We're here for you 24 hours a day, 7 days a week, 365 days a year.

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