



WE'RE IN THIS TOGETHER, CHEKA IMPILO!

Every year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS.

COVID-19 is showing once again how health is interlinked with other critical issues, such as reducing inequality, human rights, gender equality, social protection and economic growth. With this in mind.

Did you know 38 million people were living with HIV across the world in 2019

Did you know 1.7 million people became newly infected with HIV in 2019

Did you know South Africa has the biggest HIV epidemic in the world, with approximately 7.7 million people living with HIV, and accounts for a third of all new HIV infections in Southern Africa?

KEY MESSAGES

Take the 3 steps to wellness:

STEP 1: GET YOUR HEALTH CHECKED, CHEKA IMPILO

- If have had unprotected vaginal, oral or anal sex with more than one sexual partner or with an anonymous partner since your last screening
- If you were diagnosed with sexually transmitted infection (STI), such as hepatitis or syphilis.

STEP 2: TAKE ACTION ONCE YOU KNOW

- Begin treatment immediately
- Stay on treatment, it helps to prevent spreading the virus to others and delay the development to AIDS.

STEP 3: LIVE SMART, LIVE HEALTHY

- Always use a condom
- Avoid risky sexual behaviour

TREATMENT:

Currently, there's no cure for HIV/AIDS. However, there are many medications that can control HIV and prevent complications. These medications are called antiretroviral therapy (ART). Everyone diagnosed with HIV should be started ART, regardless of their stage of infection or complications.

Post-exposure prophylaxis (PEP) medicine to prevent HIV after a possible exposure. Pre-exposure prophylaxis (Prep) medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use.

COPING AND SUPPORT:

COVID-19 has demonstrated that, during a pandemic, no one is safe until everyone is safe. Leaving people behind is not an option if we are to succeed. Eliminating stigma and discrimination, putting people at the centre and grounding our responses in human rights and gender-responsive approaches are key to ending the colliding pandemics of HIV and COVID-19

Please contact your nearest Employee Health and Wellness Directorate, or access the fact sheets and presentation from Employee Health & Wellness Team! Phamoko Towers. Fifth Floor. Ext No. 1043/1018

YOUR HEALTH IS OUR PRIORITY

WORLD AIDS DAY

DECEMBER 1

