# THINGS YOU CAN DO TO COMMEMORATE NATIONAL BLACK HIV/AIDS AWARENESS DAY, FEBRUARY 7

### 1 Get Educated.

<u>Learn the basics</u> about HIV and AIDS and its impact on <u>Black Americans</u>. Today, more tools than ever are available to prevent HIV. In addition to limiting your number of sexual partners, never sharing needles, and using condoms correctly and consistently, you may be able to take advantage of medicines that prevent and treat HIV, including <u>pre-exposure prophylaxis</u> (<u>PreP</u>), <u>post-exposure prophylaxis</u> (<u>PEP</u>), and <u>antiretroviral therapy</u> (<u>ART</u>).



### 2 Get Tested.

Are you Doing It? Testing for HIV? CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care and that people with certain risk factors get tested more often. After you have <u>learned the basics about HIV testing</u>, you can find a testing center in your area.

- Use our **Doing It website** to find a testing site
- Text your ZIP code to "KNOW IT" (566948)
- Call 1-800-CDC-INFO
- Talk to your doctor or health care provider
- Take a home HIV test.



#### 3 Get Involved.

Check out  $\underline{\text{Act Against AIDS}}$  on social media. You can find us on  $\underline{\text{Facebook}}, \underline{\text{Instagram}}$  and  $\underline{\text{Twitter}}$ 

Help get #NBHAAD trending on social media. Post photos and messages on social media to spread the message about HIV prevention and how to protect yourself and your partner. Share and tweet awareness day messages or create your own. Here are a few sample posts:



- Feb 7 is Nat'l Black HIV/AIDS Awareness Day **#NBHAAD**. Help end HIV in black America. http://go.usa.gov/zkSx
- There is no cure for HIV, but it is preventable. Learn how to protect yourself and your partner. http://go.usa.gov/4yj3 #NBHAAD
- On National Black HIV/AIDS Awareness Day, get tested. If you have HIV, get treated #NBHAAD
- #Doinglt! Get tested for @NatBlackAIDSDay. #NBHAAD http://bit.ly/1NbHxp5
- It's @NatBlackAIDSDay. Mark the occasion by getting tested today! #NBHAAD #Doinglt! http://go.usa.gov/cPSFA

Host an NBHAAD event in your community. Order free NBHAAD materials and register your event on <a href="http://www.nationalblackaidsday.org">http://www.nationalblackaidsday.org</a>



## 4 Get Treated.

If you are living with HIV, check out CDC's Act Against AIDS campaigns and the available resources. The <u>HIV Treatment Works</u> campaign encourages people living with HIV to get in care and starting taking HIV medications, remain in care, and adhere to treatment. For additional materials or questions, please email  $\underline{ActAgainstAIDS@cdc.gov}$ 

