

We want you to act up for AIDS



This World AIDS Day we want you to act up for AIDS. Acting up is about doing things differently and drawing attention to what needs changing by using your actions to get you there.

Why should you act up?

South Africa holds one of the highest percentages of HIV prevalence in the world. In fact, instead of going down, this number has actually increased, with 400 000 new cases of HIV in 2012.

While antiretroviral treatment (ART) access almost doubled since 2012, our HIV rate remains high largely because more than half of people in South Africa who have HIV have never used a condom, or a femdom (female condom).

Fact up: Be aware by knowing all the facts

- **HIV can be passed on through infected bodily fluids**, most commonly via sex without a condom or by sharing infected needles and syringes.
- **Mother-to-child transmission** can be reduced to less than 1% if appropriate medical treatment is given, the virus becomes undetectable, and breastfeeding is avoided.
- **You cannot contract HIV by sharing** someone's spoon, fork, or any other utensil – it's not transmitted through saliva.

- **There is evidence that male circumcision can** reduce the risk to the man during heterosexual sex, but it is not 100% effective.
- **Anyone can get HIV.** It doesn't discriminate according to race, gender, age, or sex.

Be the lead act

Get tested for HIV and know your status in less than an hour. Don't let fear stand in the way. Being diagnosed as HIV-positive is not the death sentence that it used to be. With early action via ART, HIV-positive people are living long, full lives.

Help stop the stigma around HIV & AIDS

The stigma around getting tested, diagnosed, and treated remains a major challenge in South Africa.

Do your part and get involved. Join a community initiative or start your own initiative within your company. Stop the stigma that surrounds the disease.

Get it on the action. Together, we can all act up for AIDS.