National Women and Girls HIV/AIDS Awareness Day 2016

March 10, 2016

Thursday, March 10, marks the National Women and Girls HIV/AIDS Awareness Day 2016 (NWGHAAD), and annual observance coordinated by the Office on Women's Health (OWH), which is itself part of the U.S. Department of Health and Human Services.

This year's theme is "The Best Defense Is a Good Offense." To that end, the OWH writes:

> Whether you're actively dating or are in a committed relationship, you can take these simple, effective steps to help prevent HIV infection for you and your partner:
>
> - Use condoms every time you have sex
> - Get an HIV test, which is free and confidential
> - Be monogamous
> - Do not abuse alcohol or drugs
> - Talk to your doctor about pre-exposure prophylaxis (PrEP) or post-exposure prophylaxis (PEP) if you think you're at risk for HIV
>
> To learn more about each step, visit What every woman needs to know about HIV and AIDS, What every girl needs to know about HIV and AIDS, or the National Women and Girls HIV/AIDS Awareness Day fact sheet.

In Washington, DC, the OWH is holding "A Walk for HIV Prevention" to raise awareness for NWGHAAD. The event includes speakers, a call to action and free HIV testing.

Noting that women continue to use Facebook, Twitter and Instagram more than men do, AIDS.gov offers several online resources, including infographics, logos, posters, profile picture options and more.

Use the hashtags #BestDefense and #NWGHAAD to follow the observance day on social media.

For findings of a recent survey of HIV-positive women, read the POZ newsfeed article "What One

Thing Would Help Women With HIV Stay in Care?"

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http://beta.docker.realhealthmag.com/article/national-women-girls-hivaids-awareness-day-2016