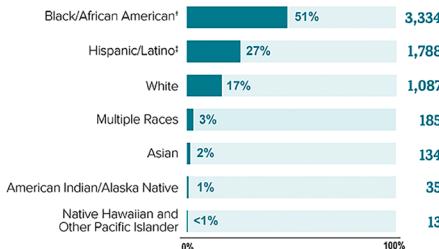


NATIONAL YOUTH HIV/AIDS AWARENESS DAY (NYHAAD)

April 10th is National Youth HIV/AIDS Awareness Day (NYHAAD). On NYHAAD, we support youth living with HIV/AIDS, shine a light on the virus' disproportionate impact on Black youth, & reduce stigma to ensure all of us can thrive. Disproportionate HIV/AIDS susceptibility for Black youth is due to systemic issues including misogyny, racism, transphobia, insufficient access to culturally competent & quality healthcare, & other socially constructed barriers.

Graphic courtesy of the CDC



KEY FACTS

- 46% of Black young people say HIV is a serious concern for people they know.
- 18% of people with HIV aged 18 to 24 had sex without using any HIV prevention strategy in the past 12 months.¹
- 16% of people aged 16 to 24 who could benefit from PrEP were prescribed PrEP in 2019.²
- New HIV diagnoses in the US fell by 16% for people between the ages of 13 to 24 from 2015-2019.³
- In 2019, 3,209 Black gay, bisexual, and same-gender loving boys and men aged 13-24 were diagnosed with HIV, compared to 948 white boys and men of the same age group.⁴
- In 2016, more than half of gay, bisexual, and same-gender loving young people with HIV were Black.

SIGN UP FOR THE CDC'S NEW FREE AT-HOME HIV TESTING KIT

To end this epidemic, we must know our status. On NYHAAD, please get tested for HIV and/or encourage the young people in your life to get tested. You can get a free at-home HIV testing kit with TakeMeHome. Anyone in the U.S. 17 years or older can order up to 2 free tests at a time as frequently every 90 days. The test provides results in as little as 20 minutes. Get one at together.takemehome.org.

WE CAN END HIV STIGMA TOGETHER

People afraid of experiencing discrimination are less likely to get tested and treated for HIV. We must destigmatize conversations about HIV/AIDS to ensure trans people are aware of how HIV affects their community, how they can access treatment, and engage in risk-minimizing practices.

NBJC has created the [WORDS MATTER HIV TOOLKIT](#) to support Black people in having asset-based, stigma-free conversations about HIV, including testing, treatment, and care.

1 <https://www.cdc.gov/hiv/group/age/risk-behaviors.html>

2 <https://www.cdc.gov/hiv/group/age/prep-coverage.html>

3 <https://www.cdc.gov/hiv/group/age/diagnoses.html>

4 <https://www.cdc.gov/hiv/group/msm/msm-content/diagnoses.html>

3 WAYS TO END THE HIV EPIDEMIC

1. Find a Good Doctor - If you're HIV-positive, it is essential that you get connected to culturally competent health care providers. If you lack health insurance, reach out to community health centers. If you have health insurance, look up healthcare providers in your network. Your providers will ensure you start and continue to receive HIV treatment in order to keep your viral load undetectable. An undetectable viral load increases your quality of health and prevents transmission of HIV to others.
2. Take PrEP to Prevent HIV - If you're HIV-negative, ensure you're aware of practices that minimize risk. You can reduce risk by taking PrEP, a daily pill taken to prevent getting HIV from sex or injection drug use. When taken as prescribed, it is highly effective for preventing HIV. The FDA has approved Truvada as PrEP for adolescents. Truvada's clinical trials were also inclusive of women.
3. Have an Emergency Plan - PEP is a medicine taken to prevent HIV after possible exposure. PEP should be used in emergencies and only within 72 hours of potential exposure.