



#KnowYourStatus
World AIDS Day
December 1, 2017

According to the Centers for Disease Control and Prevention (CDC), an estimated 39,393 people in the United States were diagnosed with HIV, as of 2015. HIV (human immunodeficiency virus) is a virus that attacks the body's immune system and interferes with the body's ability to fight infections, causing AIDS (acquired immunodeficiency syndrome). About 1 in 7 people with HIV in the United States do not know that they are infected. Today, December 1, is World AIDS day. A day to honor those who have died from the disease and show support for those currently living with HIV.

End the stigma. HIV is not transmitted through air, water, saliva, sweat, tears, closed-mouth kissing, insects or pets, or sharing of toilets, food, or drinks.

Scientific advances have shown that antiretroviral therapy (ART) preserves the health of people living with HIV. We also have strong evidence of the prevention effectiveness of ART. When ART results in viral suppression, defined as less than 200 copies/ml or undetectable levels, it prevents sexual HIV transmission. Across three different studies, including thousands of couples and many thousand acts of sex without a condom or pre-exposure prophylaxis (PrEP), no HIV transmissions to an HIV-negative partner were observed when the HIV-positive person was virally suppressed. This means that people who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner. ¹

Ask your doctor about PrEP & PEP (post-exposure prophylaxis)

In honor of World AIDS Day, we are very proud to announce that this January **Human Nature Contemporary Ballet** will be partnering up with **La Fe CARE Center** for our upcoming show **The GRID**. La Fe CARE Center will provide: Free Confidential HIV Testing – Rapid results ready in one minute and Education and Counseling – The certified staff specializes in outreach education and counseling with community members who have questions regarding sexually transmitted infections. El Paso has shown to be a forward thinking city accepting of all its citizens. We care about our community and we hope you will join us in our efforts to spread awareness. Let's start the conversation!

For other testing centers or testing centers outside of El Paso, TX visit:

gettested.cdc.gov

To find a testing center near you.

Get tested, know your status, and help end the stigma on HIV/AIDS

Rafael Chávez
Artistic Director
Human Nature Contemporary Ballet

¹ McCray, E., MD, & Mermin, J. H., MD. (2017, September 27). HIV/AIDS. Retrieved December 01, 2017, from <https://www.cdc.gov/hiv/library/dcl/dcl/092717.html>