



# NATIONAL Women and Girls HIV/AIDS AWARENESS DAY

March 10

**Prevention and Testing  
at Every Age.  
Care and Treatment  
at Every Stage.**



At the end of **2019**, the majority of new HIV cases were among women ages 25-34.<sup>2</sup>



## What is National Women and Girls HIV/AIDS Awareness Day?

National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) is an annual, nationwide observance, led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). Every year on March 10 — and throughout the month of March — local, state, federal, and national organizations come together to shed light on the impact of HIV and AIDS on women and girls and show support for those at risk of and living with HIV. This year marks the 19th annual observance of NWGHAAD.





## Why is National Women and Girls HIV/AIDS Awareness Day important?

HIV and AIDS are still widespread public health issues, and women continue to remain vulnerable to infection — especially African-American and Hispanic women. In fact, any woman who has sex can get HIV, regardless of race, ethnicity, age, or sexual orientation. An estimated 1 million people in the United States had HIV at the end of 2020, the most recent year for which this information is available.<sup>1</sup>

The theme for NWGHAAD 2024 is: **Prevention and Testing at Every Age. Care and Treatment at Every Stage.** This theme emphasizes the need to further prevention efforts and ensure equity in HIV care and treatment. It also reinforces three goals of the National HIV/AIDS Strategy, that focus on preventing new HIV infections, improving HIV-related health outcomes of people living with HIV, and reducing HIV-related disparities. By working together, we can help eliminate HIV and improve the quality of treatment and care for people currently living with HIV.

Disparities in HIV continue as Black or African American women continue to be disproportionately affected by HIV. Black or African American women accounted for 54% of the new HIV diagnoses.



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Some of the most effective ways to prevent an HIV infection or passing the virus to your partner or baby include:

- Get a free and confidential HIV test. To find a location, visit [gettested.cdc.gov](https://gettested.cdc.gov).
- Prevent HIV by using a latex condom every time you have sex.
- If you are HIV-negative and your partner has HIV, talk to a doctor about **taking pre-exposure prophylaxis (PrEP)**, a daily pill that can **reduce your risk of getting HIV from sex by more than 90%**. Find a provider near you at [PrEPlocator.org](https://PrEPlocator.org)
- If you are living with HIV, talk to your doctor about ways to stay healthy and take your medication as prescribed to achieve and maintain an **undetectable viral load**. It can help prevent spreading HIV to your sexual partner or if you are pregnant, to your baby.
- If you think you may have been exposed to HIV, visit a doctor or nurse right away. The doctor may decide that you should get **post-exposure prophylaxis (PEP)**. PEP is an anti-HIV medicine that you take within 72 hours of possible exposure to HIV to lower your chances of getting HIV.
- If you are a health care professional, you should know the **screening guidelines**, talk to patients about their risk, and encourage patients living with HIV to adhere to treatment.

### Who should participate in National Women and Girls HIV/AIDS Awareness Day?

Any individual or organization can observe National Women and Girls HIV/AIDS Awareness Day. OWH invites public and private organizations at the local, state, and national levels to participate.

### How do I observe National Women and Girls HIV/AIDS Awareness Day?

You can plan a National Women and Girls HIV/AIDS Awareness Day event; spread the word on X (formerly known as Twitter), Facebook, Instagram, or Tumblr about the day; and use the hashtag #NWGHAAD on social media. Use **these materials** to get started.

<sup>1</sup> Centers for Disease Control and Prevention (CDC). *HIV Surveillance Report*. <https://www.cdc.gov/hiv/library/reports/hiv-surveillance.html>

<sup>2</sup> Centers for Disease Control and Prevention (CDC). (2022). *HIV and Women*. <https://www.cdc.gov/hiv/group/gender/women/index.html>

\* Data for 2020 should be interpreted with caution due to the impact of the COVID-19 pandemic on access to HIV testing, care-related services, and case surveillance activities in state and local jurisdictions.





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For ideas on how you can show your support for women and girls affected by HIV and AIDS, visit [womenshealth.gov/nwghaad/resources](https://womenshealth.gov/nwghaad/resources).



Learn more about HIV/AIDS and women's health at [www.womenshealth.gov/hiv-and-aids](https://www.womenshealth.gov/hiv-and-aids).



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