

# NATIONAL Women and Girls HIV/AIDS AWARENESS DAY

March 10, 2017



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

National Women and Girls HIV/AIDS Awareness Day is an annual, nationwide observance that sheds light on the impact of HIV and AIDS on women and girls. The U.S. Department of Health and Human Services' Office on Women's Health (OWH) leads National Women and Girls HIV/AIDS Awareness Day. Every year on March 10, and throughout the month of March, federal, national, and community organizations come together to show support for women and girls affected by HIV and AIDS. This year marks the 12th observance of National Women and Girls HIV/AIDS Awareness Day.

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

Today, one in four people living with HIV in the United States is a woman 13 or older. About half of the women living with HIV are in care, and only 4 in 10 have the virus under control. Women face unique HIV risks and challenges that can prevent them from getting needed care and treatment. Addressing these issues remains critical to achieving an HIV- and AIDS-free generation.

With this year's theme, "The Best Defense is a Good Offense," OWH wants to empower women and girls to protect their sexual health, engage in healthy relationships, and put their best defense into play. Whether you're 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.

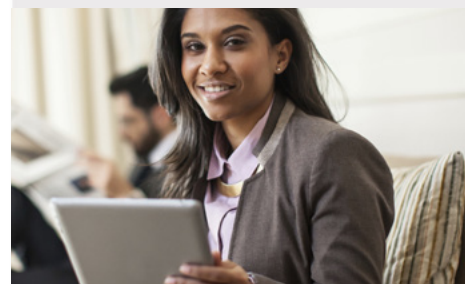
## Who should participate in National Women and Girls HIV/AIDS Awareness Day?


Any individual or organization can observe National Women and Girls HIV/AIDS Awareness Day. For more information, visit [www.womenshealth.gov/nwghaad](http://www.womenshealth.gov/nwghaad).

One in four people living with HIV in the United States is a woman.




More than 230,000 women and girls in the United States are HIV-positive.



 [facebook.com/hhsowh](https://facebook.com/hhsowh)

 [twitter.com/womenshealth](https://twitter.com/womenshealth)

 [youtube.com/womenshealthgov](https://youtube.com/womenshealthgov)

 [pinterest.com/womenshealth](https://pinterest.com/womenshealth)

Help create an  
HIV- and AIDS-free  
generation.

Join the conversation

**#NWGHAAAD**

**#BestDefense**



[www.womenshealth.gov](http://www.womenshealth.gov) | 800-994-9662