Wellness Wednesday
World AIDS Day - December 1

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management

Prince Georges Proud

Today is World AIDS Day

World AIDS Day takes place on December 1 each year. It's an opportunity for people worldwide to unite in the fight against HIV (human immunodeficiency virus), to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

What is HIV? What is AIDS?

HIV is a virus that attacks the immune system, the body's natural defense system. Without a strong immune system, the body has trouble fighting off disease. Both the virus and the infection it causes are called HIV.

White blood cells are an important part of the immune system. HIV infects and destroys certain white blood cells called CD4 cells. If too many CD4 cells are destroyed, the body can no longer defend itself against infection.

The last stage of HIV infection is AIDS (acquired immunodeficiency syndrome). People with AIDS have a low number of CD4 cells and get infections or cancers that rarely occur in healthy people. These can be deadly.

Key Facts About AIDS

According to the World Health Organization, there were an estimated 37.7 million people living with HIV at the end of 2020. HIV continues to be a major global public health issue, having claimed almost 36.3 million lives so far. However, with increasing access to effective HIV prevention, diagnosis, treatment and care, including for opportunistic infections, HIV infection has become a manageable chronic health condition, enabling people living with HIV to lead long and healthy lives.

Importance of World AIDS Day

World AIDS Day is important because it reminds the public and government that HIV has not gone away—there is still a vital need to raise money, increase awareness, fight prejudice, and improve education.

Making a Difference

World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day or spreading awareness via social media.

Diabetes Awareness Month Events:

Thank You for Participating!

Here are the winners for Week 4:
- **Aisha Sanders** ~ Police Department
- **Julia McDonald** ~ Office of Finance

Each week, Level Up raffled off **two**:
- **Hamilton Beach Big Mouth Plus 2-Speed Juicer**

Additional Resources

- amfAR
- UNAIDS
- World Health Organization
- Centers for Disease Control & Prevention
- U.S. Department of Health & Human Services

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