

WORLD AIDS DAY

1 DECEMBER

World AIDS Day, observed annually on December 1st, serves as a crucial reminder of the ongoing fight against HIV/AIDS and a call to action for global solidarity and collaboration. This year's theme, "Equalize," emphasizes the need to address inequalities that impede progress towards ending AIDS as a public health threat by 2030.

- **Equity in access to HIV prevention, testing, and treatment:** This includes tackling geographical, socioeconomic, and gender-based barriers that prevent many people from accessing essential services.
- **Combating stigma and discrimination:** Discriminatory attitudes towards people living with HIV remain a significant obstacle to achieving UNAIDS's 90-90-90 targets: 90% of people living with HIV knowing their status, 90% of people who know their status on treatment, and 90% of people on treatment virally suppressed.
- **Empowering communities:** Engaging and empowering communities most affected by HIV is crucial for designing and implementing effective responses that meet their specific needs.
- **Investing in research and development:** Continued research is needed to develop new and improved HIV prevention, treatment, and care options.

WHAT YOU CAN DO TO COMMEMORATE WORLD AIDS DAY:

- **Educate yourself and others:** Learn about HIV/AIDS, its impact, and how to prevent its spread. Share information with your friends, family, and community
- **Donate to organizations working on HIV/AIDS:** Many organizations are working to combat HIV/AIDS around the world. Consider donating to one of these organizations to support their vital work
- **Raise awareness:** Participate in local events or organize your own event to raise awareness about HIV/AIDS
- **Fight stigma and discrimination:** Challenge discriminatory attitudes and behaviors towards people living with HIV
- **Advocate for policies that promote HIV/AIDS prevention and treatment:** Contact your elected officials and urge them to support policies that promote access to HIV prevention, testing, and treatment

Together, we can work towards a world where everyone has the opportunity to live a healthy and productive life, free from HIV/AIDS.

DRINK MORE WATER



**WATER IS THE
HEALTHIEST
BEVERAGE
OF ALL!**

Staying hydrated is vital for your wellness and well-being. Dehydration can cause a lot of harm to the mind and body. It can also reduce your attentiveness at work. One should always start the day with a glass of water. Water is an essential ingredient for bodily function and the kidneys. Water helps to retain concentration and avoid toppling at work.

HERE ARE FEW BENEFITS OF DRINKING 7-8 GLASSES OF WATER EVERY DAY



Drinking water is much better than soda for weight loss



It carries oxygen and nutrients to the cells



It aids in digestion



It prevents constipation



Help normalize blood pressure



Stabilize the heart rate



It cushions joints



It protects body organs and tissues