

# Health Unit Media Release

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## CHANGE THE WORLD – ONE ACTION AT A TIME

### World AIDS Day 2006

In recognition of World AIDS Day December 1<sup>st</sup> (World AIDS Day), the Leeds, Grenville and Lanark District Health Unit would like to pause to remember those living with HIV/AIDS and those affected by this epidemic. **This should serve as a reminder to all Canadians that although it is 100% preventable, HIV/AIDS exists in our communities.** There is no cure for HIV/AIDS, so by promoting HIV/AIDS awareness, we support the efforts to inform Canadians on how to protect themselves and others from this deadly virus. Here are 3 simple ways you can prevent HIV/AIDS:

- Talk about safer sex
- Use protection
- Get tested

**Every day in Canada, 11 people are newly infected with HIV.** This statistic is alarming and ought to give us pause. But living with this virus is only half the battle. Thousands of HIV-positive Canadians face HIV-related stigma and discrimination.

**Stigma and discrimination are major obstacles to effective HIV/AIDS prevention and care.** Fear of discrimination prevents people from seeking HIV testing and treatment, or from publicly acknowledging their HIV status. By confronting stigma and discrimination, we can encourage others to join the fight against human rights violations, encourage people to practice safer sex and use safer injecting practices, and eventually win the fight against HIV/AIDS.

For more information on HIV/AIDS, please visit CPHA's Change the World campaign web site at [www.campaign.cpha.ca](http://www.campaign.cpha.ca) and the Canadian HIV/AIDS Information Centre website at [www.aidsida.cpha.ca](http://www.aidsida.cpha.ca).