

NATIONAL GAY MEN'S HIV/AIDS AWARENESS DAY

SEPTEMBER 27, 2016

1 Get tested for HIV

Getting an HIV test is the only way to know if you have HIV. [Learn the basics about HIV testing.](#)

- Find a testing center in your area by using the [Act Against AIDS locator](#), texting your ZIP code to "KNOW IT" (566948), or calling 1-800-CDC-INFO.
- [HIV home tests](#) are also available.
- Add the [testing locator widget](#) to your website to encourage others to get tested.

2 Learn about ways to prevent HIV, including pre-exposure prophylaxis (PrEP)

Today, more tools than ever are available to [prevent HIV](#). In addition to limiting your number of sexual partners, never sharing needles, and using condoms the right way every time, you may be able to take advantage of newer biomedical options such as [pre-exposure prophylaxis \(PrEP\)](#).



3 Start conversations with your partner about stopping HIV

It is important to talk with your partner about safer sex and healthy relationships, but that can be easier said than done. Here are a few [conversation starters](#) from gay and bisexual men on how to make these conversations work.



4 Share information about CDC's Act Against AIDS campaigns

Start Talking. Stop HIV.

Start Talking. Stop HIV. seeks to reduce new HIV infections among gay, bisexual, and other men who have sex with men by encouraging open discussion between partners about HIV prevention and related sexual health issues. This campaign encourages communication about HIV testing, HIV status, condom use, and the use of medicines to prevent and treat HIV. Campaign materials are available in Spanish and English. Use them to raise awareness in your community. Visit the [Act Against AIDS](#) website for information about other campaigns.



5 Promote #NGMHAAD and #StartTalkingHIV on Facebook, Twitter, and Instagram

Here are some sample messages you can use leading up to and on #NGMHAAD:

- Sept. 27 is Nat'l #Gay Men's #HIV/AIDS Awareness Day! Learn more & #StartTalkingHIV <http://bit.ly/2bIMxhp> #NGMHAAD
- Today is #NGMHAAD! #StartTalkingHIV w/ these conversation starters <http://bit.ly/2bJDxDN>
- This Nat'l #Gay Men's #HIV/AIDS Awareness Day, protect yourself & learn about #PrEP <http://bit.ly/2b9LDZL> #StartTalkingPrEP #NGMHAAD
- Whether you're looking for Mr. Right or Mr. Right Now, this #NGMHAAD #StartTalkingHIV! <http://bit.ly/2bIRIO3>
- On Nat'l #Gay Men's #HIV/AIDS Awareness Day, get tested! <http://bit.ly/2bIMxhp> #NGMHAAD #StartTalkingHIV

Check CDC's [National Gay Men's HIV/AIDS Awareness Day](#) page for additional social media graphics.

JOIN US ON SOCIAL MEDIA:

CDC Facebook: [Start Talking. Stop HIV](#), [Act Against AIDS](#), and [CDC HIV](#)
 CDC Twitter: [@TalkHIV](#) and [@CDC_HIVAIDS](#)
 CDC Instagram: [Act Against AIDS](#)