

THINGS YOU CAN DO TO COMMEMORATE NATIONAL WOMEN & GIRLS HIV/AIDS AWARENESS DAY, MARCH 10

1 Learn the Basics.

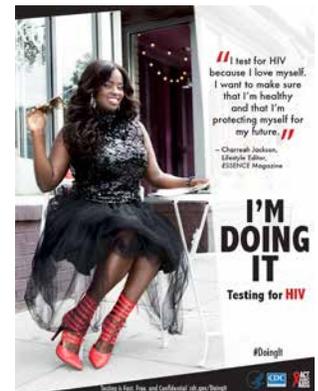
[Learn the basics](#) about HIV and AIDS. Today, more tools than ever are available to prevent HIV. In addition to limiting your number of sexual partners, never sharing needles, and using condoms correctly and consistently, you may be able to take advantage of medicines that prevent and treat HIV, including [pre-exposure prophylaxis \(PrEP\)](#), [post-exposure prophylaxis \(PEP\)](#), and [antiretroviral therapy \(ART\)](#).



2 Get Tested and Encourage Others to Get Tested, too.

Are you Doing It? Testing for HIV? CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care and that people with certain risk factors get tested more often. After you have [learned the basics about HIV testing](#), you can find a testing center in your area.

- Use our [Doing It website](#) to find a testing site
- Text your ZIP code to “KNOW IT” (566948)
- Call 1-800-CDC-INFO
- Talk to your doctor or health care provider
- Take a [home HIV test](#)



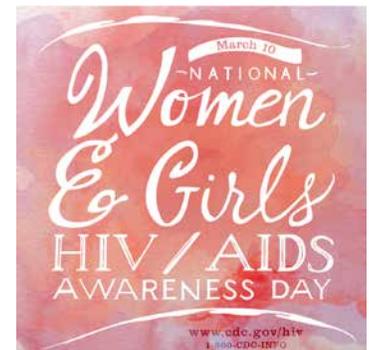
3 Follow Us on Social Media.

Follow CDC social media accounts that promote HIV prevention and testing, and share and retweet messages

- CDC Facebook: [Act Against AIDS](#) and [CDC HIV](#)
- Twitter: [@TalkHIV](#) and [@CDC_HIVAIDS](#)
- Pinterest: [Preventing HIV and STDs](#)
- Instagram: [Act Against AIDS](#)

Other federal partners

- Follow AIDS.gov on [Facebook](#), [Twitter](#), and [Instagram](#)
- Follow the Office of Women's Health on [Twitter](#), [Facebook](#), and [You Tube](#)
- Like the U.S. Department of Health & Human Services on [Facebook](#) and follow on Twitter [@HHSgov](#)



4 Promote HIV Prevention for Women and Girls on Social Media.

Use the hashtags **#NWGHAAD** and **#BestDefense** to spread awareness day messages about HIV prevention on social media. Here are a few samples:

- *Mar. 10 is Nat'l Women & Girls HIV/AIDS Awareness Day—What's your **#BestDefense** to prevent HIV? **#NWGHAAD #DoingIt***
- *The **#BestDefense** is a Good Offense! Learn how to protect yourself and your partner from **#HIV***
- ***#NWGHAAD #DoingIt***
- ***#DoingIt!** Empower the women in your life to get tested for **#NWGHAAD** It's their **#BestDefense***
- *On **#NWGHAAD**, get tested. **#DoingIt #BestDefense***
- *The **#BestDefense** is knowing your protection options. Learn if PrEP is right for you **#NWGHAAD #DoingIt***

Continue the online conversation with Act Against AIDS on [Facebook](#), [Twitter](#) and [Instagram](#).

5 Get Involved.

The theme for NWGHAAD is “The Best Defense Is a Good Offense” – The Office on Women’s Health is encouraging women and girls to use their best defense against HIV by:

- practicing safe sex
- getting an HIV test
- avoiding abuse of drugs and alcohol
- talking to their doctors about PrEP and PEP if they may be at risk



Join [Partnering and Communicating Together \(PACT\) to Act Against AIDS](#) organizations in helping to prevent HIV among women.

Participate in the Office on Women’s Health is hosting a NWGHAAD Walk in Washington, DC on Thursday, March 10 from 11:45am–1:30pm. Encourage local organizations, community partners, colleges, and sororities to host their own NWGHAAD walks.

Or host an NWGHAAD event in your community. Find important resources and information at <http://www.womenshealth.gov/nwghaad/>.