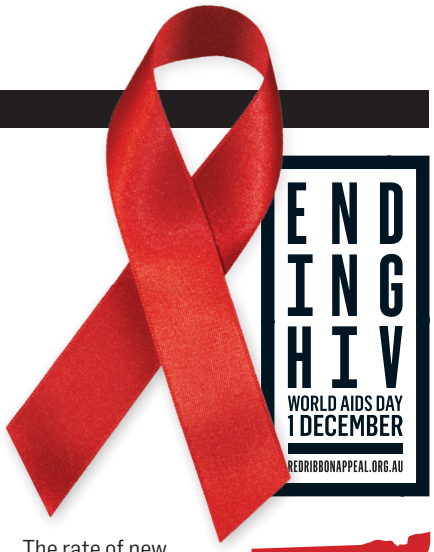
WORLD AIDS DAY 2026

World AIDS Day is held on 1 December each year to raise awareness of issues relating to HIV/AIDS around the world. The day is observed with the red ribon. The Red Ribbon Appeal is the annual fundraising campaign held throughout November, in the lead up to World AIDS Day, organised by ACON, NSW's leading HIV prevention and support organisation.



HIV

Human Immunodeficiency Virus

HIV is a virus that weakens the immune system, which is our defense system against disease and infection.

AIDS

Acquired Immune Deficiency Syndrome

When the immune system is damaged to a critical point, it can lead to AIDS, making the body more susceptible to other infections and cancers.



The estimated number of people living with HIV in Australia at the end of 2024.

238* The number of new HIV diagnoses in NSW in 2025 – around 20% lower when compared to the average of the pre-pandemic period (2017–19).

The rate of new cases of HIV in NSW is declining. We must maintain momentum by continuing to test more, treat early and stay safe.



HIV TESTING

An HIV test is a blood test and is the only way to know someone's HIV status. It's important for people to know their status so they can receive treatment and prevent onward transmission.

TESTING OPTIONS

There are a range of HIV tests available including rapid HIV tests, HIV antibody tests, Dried Blood Spot Tests and HIV Self Test Kits.

HIV TREATMENT

Effective HIV combination therapy prevents the virus from multiplying in the body. Most people on treatment can achieve an undetectable viral load (UVL), which provides great health benefits and stops onward transmission.

HIV PREVENTION

There are now many ways to prevent the transmission of HIV. These includes condoms, the use of PrEP and having an undetectable viral load.

Condoms are an effective barrier to HIV. Every year, ACON distributes tens of thousands of safe sex packs.
PrEP (Pre-Exposure Prophylaxis) is a pill that protects HIV-negative people from acquiring HIV. When used as prescribed, PrEP is highly effective at preventing HIV infection.
UVL (Undetectable Viral Load): When a HIV-positive person is taking treatment, the amount of HIV in their body (known as their viral load) can be reduced to a level that is 'undetectable'. If a person is undetectable, it does not mean they are cured. It simply means the treatment has stopped the virus from replication and they cannot pass on the virus.

IMPACTS OF STIGMA

Recent advances in HIV treatments and testing mean we can now end the HIV epidemic by getting people to test more, treat early and stay safe.
But unfortunately, some attitudes haven't changes. Stigma can have profound impacts on people living with HIV, and it can prevent those at risk from seeking resources and getting tested.

45%* People living with HIV reported experiencing HIV-related stigma or discrimination.

TOGETHER WE CAN PREVENT NEW HIV TRANSMISSION, END HIV STIGMA & SUPPORT PEOPLE LIVING WITH HIV

REDRIBBONAPPEAL.ORG.AU | ENDINGHIV.ORG.AU | ACON.ORG.AU

* NSW HIV Annual 2025 Data Report, NSW Health | ** UNSW Kirby Institute | *** HIV Futures 11, Australian Research Centre in Sex, Health and Society 2026