



Pennsylvania
Department of Health



Agenda

- Why HIV Friendly?
- HIV Friendly Presentation Content
- Upcoming Sessions
- Recruitment and Advertising
- Coming Soon: HIV Champions



What is HIV Friendly?

HIV Friendly is an educational program designed to increase awareness about HIV in the commonwealth of Pennsylvania. More than 40,000 people in Pennsylvania are living with HIV, yet many residents here are not informed about how prevalent HIV still is today.

This initiative works to ensure communities across the state are aware of the ongoing impact of HIV and are equipped to support our neighbors living with HIV.



Why HIV Friendly?

- Low levels of HIV awareness across the commonwealth
- People living with HIV in Pa. report high levels of stigma
- Great opportunity for education and outreach



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Goals

At the end of this presentation, participants will be able to:

- Understand the basics of HIV
- Identify the ways in which stigma and discrimination impact people living with HIV in Pennsylvania
- Take steps towards creating HIV Friendly communities in Pennsylvania



What is an HIV Friendly community?



HIV can be talked about openly without judgment



People living with HIV feel safe in sharing their HIV status



HIV testing is easy to find and easy to talk about



Five Key Takeaways on HIV

People with HIV live happy, meaningful lives. There's more to a person than their HIV status.

HIV can affect any of us. The CDC recommends everyone aged 13-64 get tested for HIV at least once.

There is no cure for HIV, but it can be prevented and treated.

Our words have an impact. HIV stigma and discrimination affect the well-being of people living with HIV.

Talking openly about HIV can help reduce stigma, which will encourage people to get tested and treated.

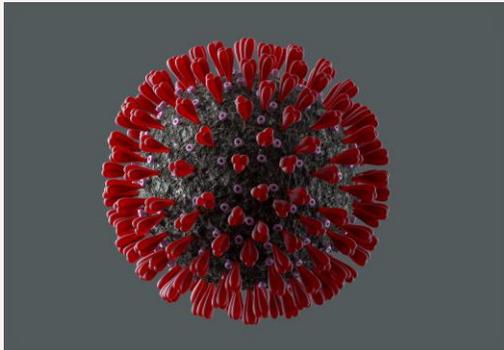


Fundamentals of HIV



What is HIV?

**Human
Immunodeficiency
Virus**

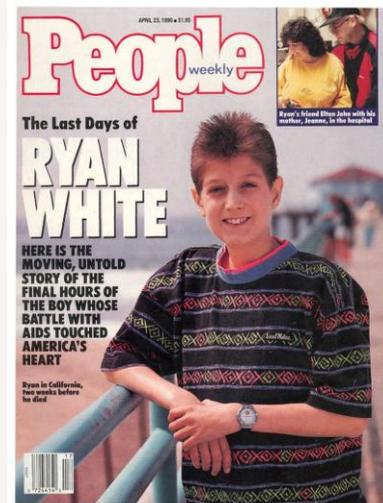
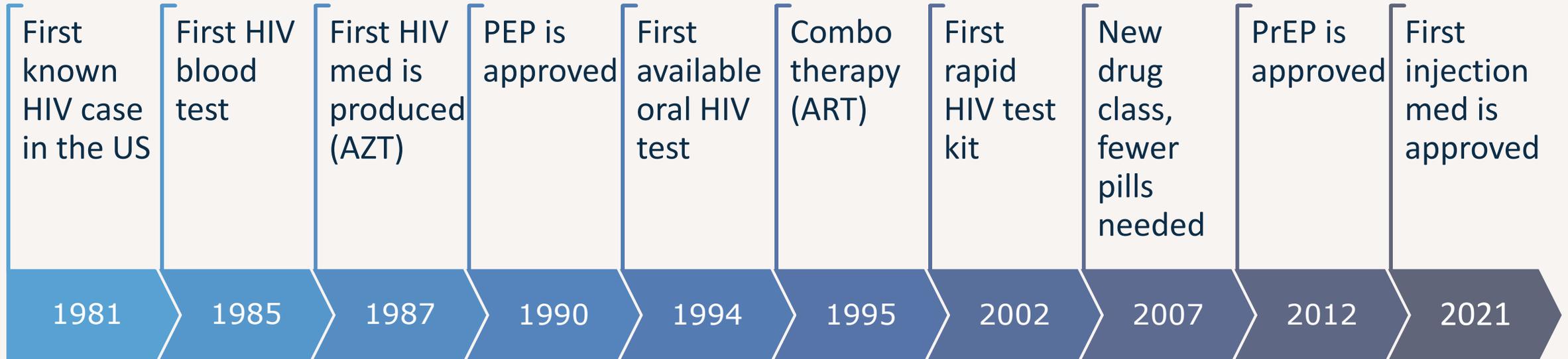


What is AIDS?

**Acquired
Immune
Deficiency
Syndrome**



HIV Timeline

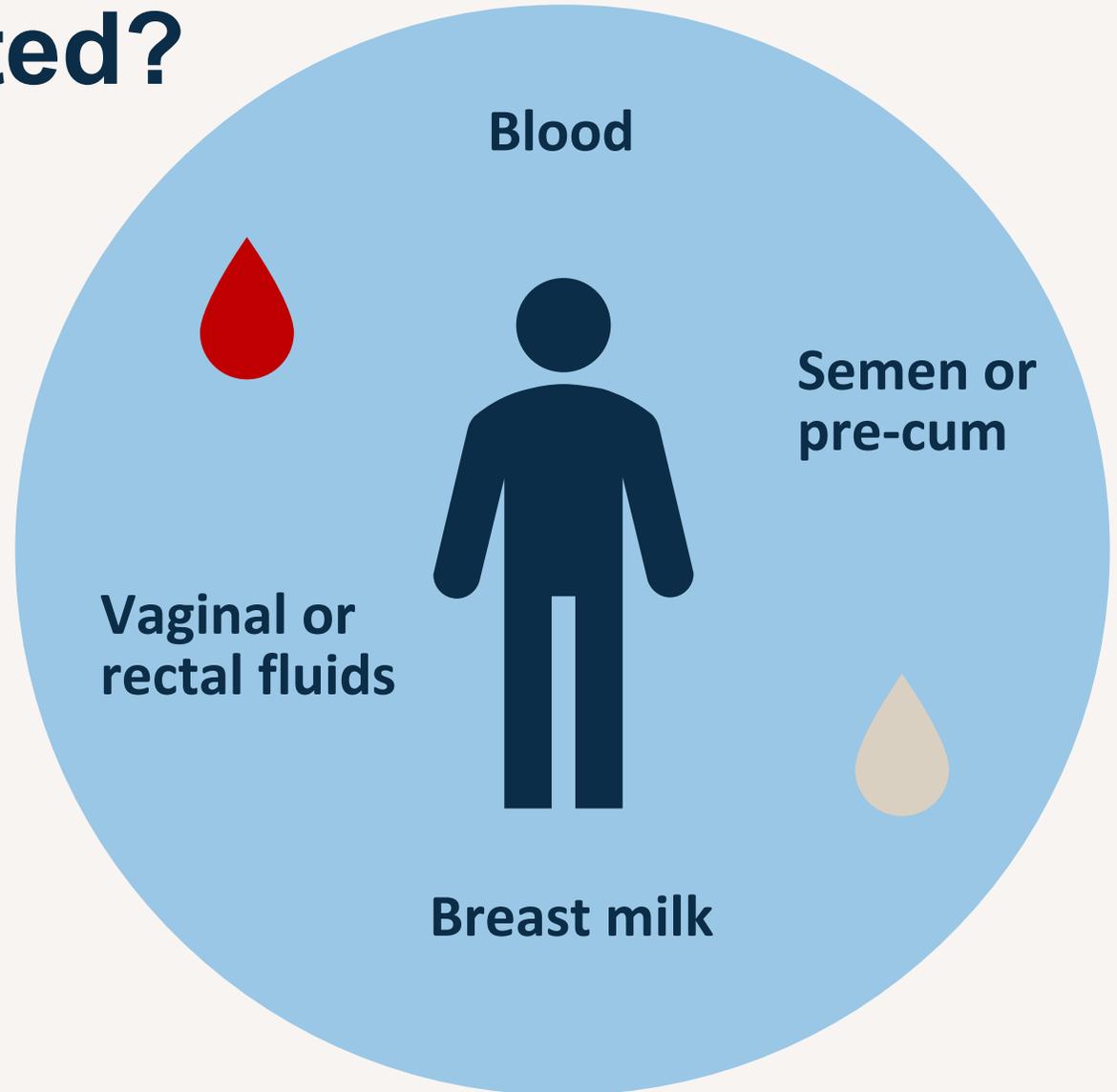


How is HIV transmitted?

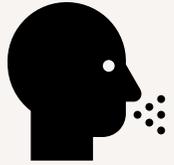
Only certain body fluids can transmit HIV.

For most people, HIV is transmitted through:

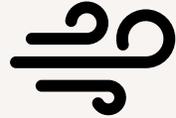
- Anal or vaginal sex.
- Sharing needles, syringes, or other drug injection equipment.



How is HIV NOT transmitted?



Saliva, Tears, or
Sweat



Through the Air or
Through Insects



Sharing Dishes or
Sharing Toilet
Seats



Shaking Hands,
Kissing, or
Hugging



Preventing HIV

Safer Sex Practices



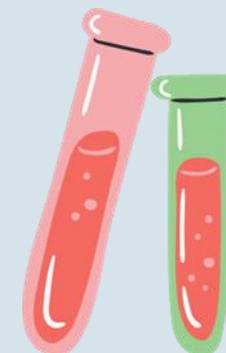
Safer Injection Practices



Prevention Medication



HIV Testing & Treatment



Who Should Get Tested?

CDC recommends **everyone** between the ages of 13 and 64 get tested for HIV at least once.



Treating HIV

What is HIV treatment?

- There is no cure for HIV, but you can treat it with HIV medication.
- Most people can achieve viral suppression within six months.
- There are two types of HIV treatment: pills and injections.

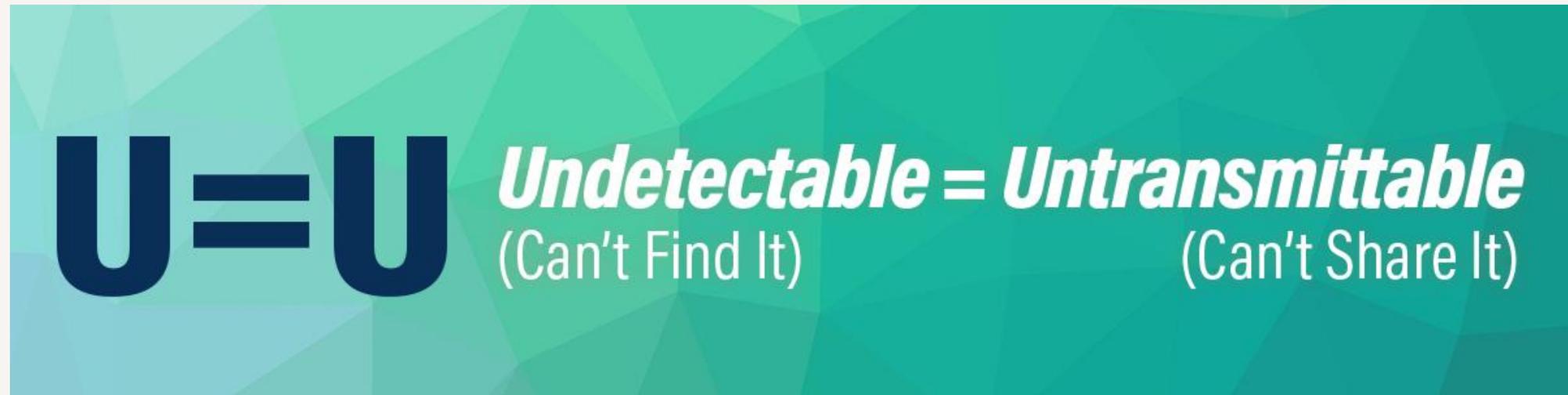
STAYING HEALTHY WITH HIV

Taking your HIV medicine **exactly as prescribed** protects your health.



Undetectable = Untransmittable

This means that people with an **undetectable** HIV viral load (a very low level of HIV in their system due to medication) **cannot sexually transmit** the HIV virus to other people.



HIV's Impact Today



HIV Impact in Pennsylvania

922

New HIV Diagnoses in
Pennsylvania, 2024



43,491

People Living with HIV
in Pennsylvania, 2024



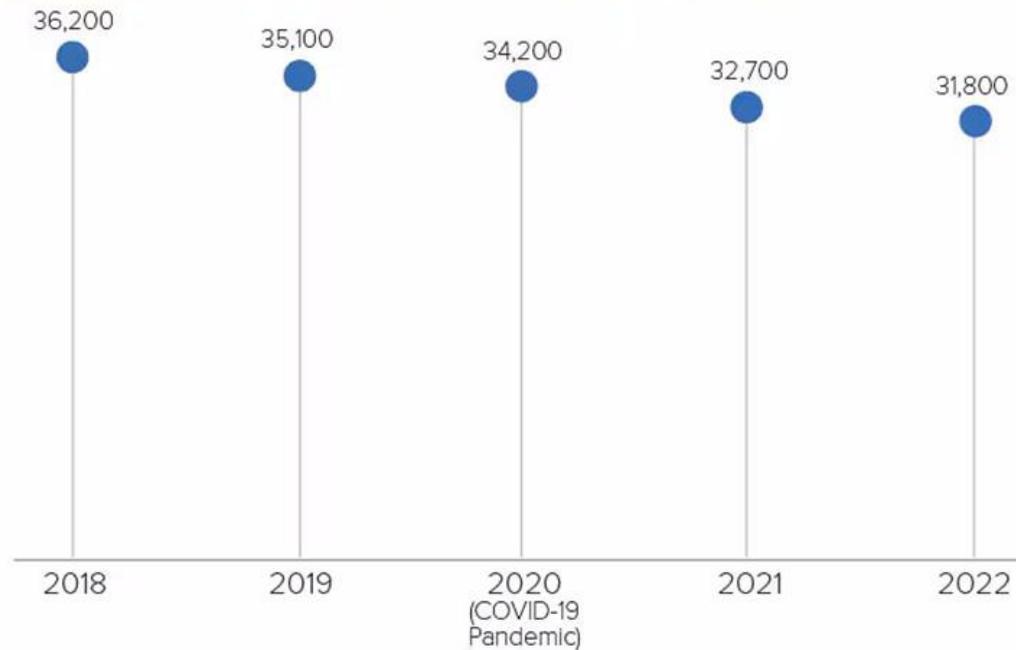
80%

New Diagnoses
Among People Ages
15-44



HIV Impact in the US

Progress in HIV prevention continues with an overall 12% decline in estimated HIV infections from 2018 to 2022.



Ending
the
HIV
Epidemic

Overall Goal: Decrease the estimated number of new HIV infections to 9,300 by 2025 and 3,000 by 2030.



HIV Stigma and Discrimination



What Are the Effects of HIV Stigma?

HIV stigma affects the emotional well-being of people living with HIV.

They may fear they will be discriminated against or judged if their HIV status is revealed.

“[I have been] judged for who I am. Staff act overly cautious about how they touch me. I feel isolation in my doctor’s office.”

“I feel like I am being treated as though I am sub-human.”

“I do not share my HIV status. I don't like not being honest, but I don't want [to be] treated differently either.”



Tips for Using Appropriate Language

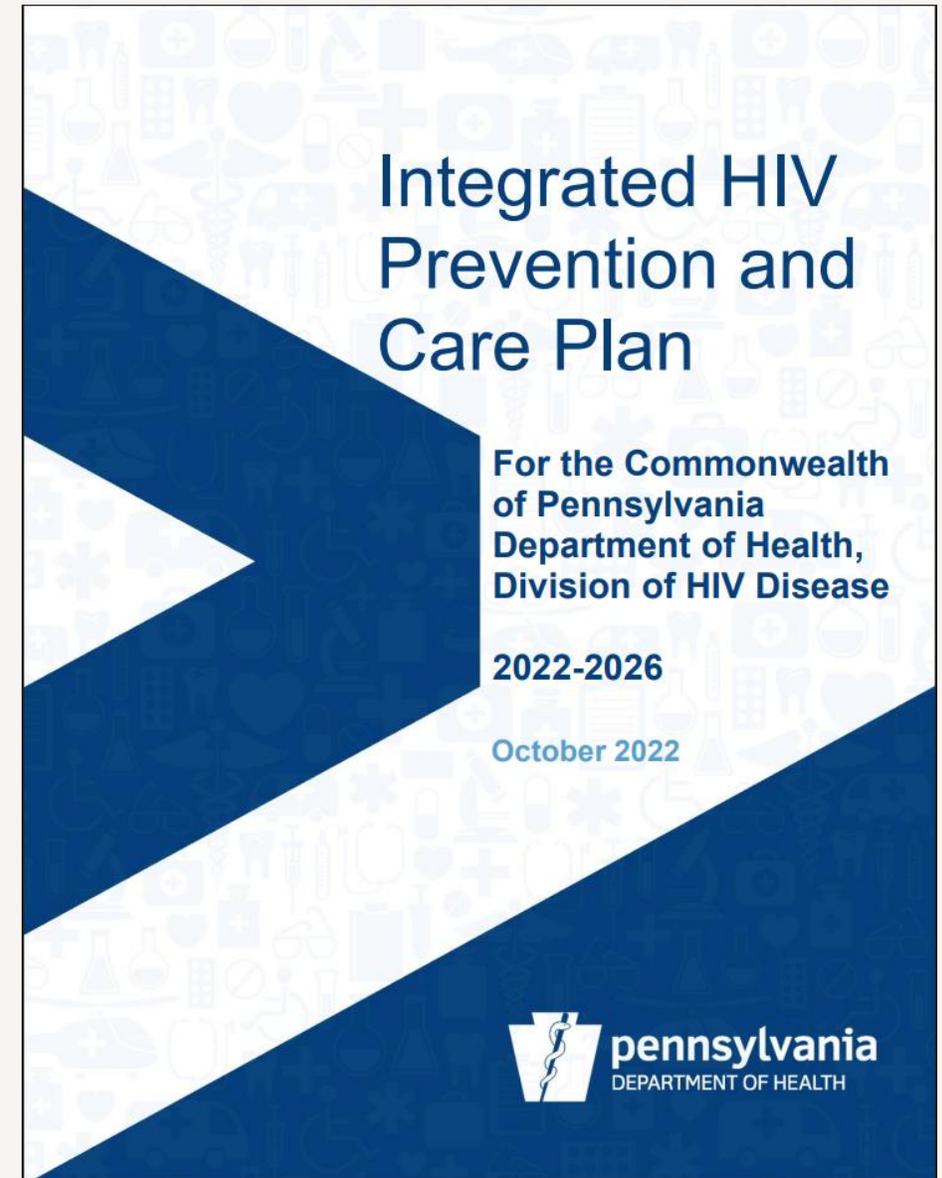
Try This	Instead of This
HIV	HIV infection
People living with HIV	HIV-infected people, HIV-positive
HIV	AIDS
Greater likelihood, affected community, high exposure	At-risk or high-risk person/population
Injection drug use, person who injects drugs, person with SUD	“Addict”, “junkie”, user, drug abuse



Resources for Ending the HIV Epidemic



Ending the HIV Epidemic in PA



Creating an HIV Friendly Community



What can you do?

Talk About HIV

- Talking openly about HIV can help normalize the subject.
- Take opportunities to correct misconceptions and help others learn more about HIV.
- Be mindful of how you talk about HIV and people living with HIV.

Take Action

- Become an HIV Champion (coming soon!)
- Interrupt stigmatizing language and discriminatory behavior when you see it.
- Provide information about local HIV testing, treatment, and prevention resources.





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Thank You!

For more information, please visit hivfriendlypa.com
or contact c-kparry@pa.gov

Upcoming Sessions

- Virtual session January 29th, 1-2pm
- In-person session in Pittsburgh, February TBD
- More to come!



Recruitment and Advertising

HPG members can help spread the word!

- Post fliers and social media advertisements
- Contact local organizations
 - Libraries
 - Drug and alcohol programs
 - Local government, non-profits, or service organizations
 - Food bank or homeless shelter staff
 - Front desk staff that do not directly provide HIV services
 - Local colleges
- Request an in-person session in your area
- Request a virtual session for a local group or organization



Coming Soon! HIV Champions

You can become an HIV Champion!

- In Spring 2026, we will launch an additional training: HIV Champions
- Participants will learn how to schedule and present HIV Friendly and will receive all presentation materials
- HIV Champions will present their own in-person or virtual HIV Friendly sessions, helping expand our reach across Pennsylvania

