Rise together to
End HIV Stigma.

World AIDS Day 2026

HIV FACTS

Know the facts.
Challenge the stigma.

Waverley care

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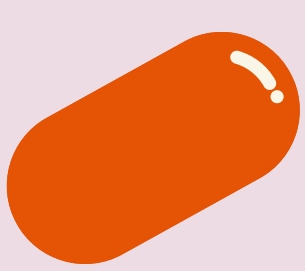
HIV has changed significantly since the 1980s. With effective treatment, people living with HIV can live long, healthy lives. Yet misconceptions and stigma remain barriers to understanding, testing and accessing care.

As health and social care workers, we all have a role to play in sharing accurate information, challenging discrimination and ensuring people living with HIV are treated with dignity and respect.

Key facts to remember:

HIV is treatable, and people living with HIV can live long, healthy lives.

HIV cannot be transmitted through everyday social contact.



People on effective treatment who maintain an undetectable viral load cannot pass HIV on through sex (U=U).

Anyone can be affected by HIV, and testing is the only way to know your status.

Find out more and access support
Visit Waverley Care for information about HIV, prevention and support services.
www.waverleycare.org
For the latest HIV statistics in Scotland, visit Public Health Scotland.
www.publichealthscotland.scot

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