

Public Service Announcement

Aboriginal AIDS Awareness Week 2016

Start Date: November 28, 2016 End Date: December 6, 2016 Nunavut

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Aboriginal AIDS Awareness Week is December 1 to 6, 2016.

Nunavummiut are encouraged to embrace this year's theme – "Hands Up for HIV Prevention" – to help reduce the stigma around HIV/AIDS and other sexually transmitted infections by talking about prevention, and getting tested to protect ourselves, our partners and our communities.

The Department of Health has recently released new resources to help Nunavummiut talk with their partners, health care providers, and children about sexuality, safer sex, sexual consent, and sexually transmitted infection prevention and testing. Check out the updated sexual health website at <u>www.irespectmyself.ca</u>, and look for the resources section.

Current rates of HIV/ AIDS are very low in Nunavut. However, other sexually transmitted infections such as chlamydia, gonorrhea, and syphilis are very common, and can have serious impacts on health. If left untreated, some sexually transmitted infections can make people unable to have children. Others can cause brain damage, heart damage and even death.

If you are sexually active, you should get tested for syphilis and other sexually transmitted infections:

- if you have symptoms (like painless sores or discharge from the penis or vagina)
- before having sex with a new partner
- every three to six months if you or your partner is having sex with someone else
- even if you use condoms

Male and female condoms and lubricant are free at your local health centre, and at a variety of other locations in communities. Learn more at <u>www.irespectmyself.ca</u>, or by contacting your local health centre.

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