

Coffee  
& Chat



Level Up  
Elevate your total wellbeing.

OHRM Office of Human  
Resources Management



[Register](#) for the **LAST Coffee & Chat** webinar and join us on **Wednesday, Dec. 6 at 9 a.m.**

- You don't want to miss the last Coffee & Chat!
- There will be BIG wellness giveaways and prizes.
- Grab your warm cup, tell a colleague and tune into next month's segment!



Wellness Wednesday  
World AIDS Day - December 1

Level Up  
Elevate your total wellbeing.

OHRM Office of Human  
Resources Management



## December 1 is World AIDS Day

World AIDS Day takes place on December 1 each year. It's an opportunity for people worldwide to unite in the fight against HIV (human immunodeficiency virus), to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, [World AIDS Day](#) was the first ever global health day.

### What is HIV?

HIV is a virus that attacks the immune system, the body's natural defense system. Without a strong immune system, the body has trouble fighting off disease. Both the virus and the infection it causes are called HIV.

White blood cells are an important part of the immune system. HIV infects and destroys certain white blood cells called CD4 cells. If too many CD4 cells are destroyed, the body can no longer defend itself against infection.

### What is AIDS?

The last stage of HIV infection is AIDS (acquired immunodeficiency syndrome). People with AIDS have a low number of CD4 cells and get infections or cancers that rarely occur in healthy people. These can be deadly.

### Key Facts About AIDS

According to the [World Health Organization](#), there were an estimated 39 million people living with HIV at the end of 2022. HIV continues to be a major global public health issue, having claimed almost 40.4 million lives so far. However, with increasing access to effective HIV prevention, diagnosis, treatment and care, including for opportunistic infections, HIV infection has become a manageable chronic health condition, enabling people living with HIV to lead long and healthy lives.

### Making a Difference

World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day or spreading awareness via social media.

## **Additional Resources**

- [amfAR](#)
- [UNAIDS](#)
- [World Health Organization](#)
- [Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)

**Office of Human Resources Management**  
**Level Up – Employee Wellness Program**  
1400 McCormick Drive, Suite 351  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)



Angela D. Alsobrooks  
County Executive