



**For Immediate Release: June 26, 2018**

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**The Long Island Association for AIDS Care (LIAAC) recognizes National HIV Testing Day**

In honor of National HIV Testing Day on June 27, 2018, The Long Island Association for AIDS Care encourages you to get tested for HIV. HIV (human immunodeficiency virus) is the virus that causes AIDS. The theme of the 2018 National HIV Testing Day is “Doing It My Way, Testing for HIV” a national HIV testing and prevention campaign designed to motivate all adults to get tested for HIV and know their status.

The only way to know if you have HIV is to get tested. Many people with HIV don’t have any symptoms. In the United States, 1 in 8 people living with HIV don’t know they have it. New York State reported 111,933 HIV and AIDS cases in their HIV/AIDS Annual Surveillance Report for Cases Diagnosed Through December 2015. According to the same report, there were 5,685 individuals living HIV/AIDS in Nassau and Suffolk Counties.

Even if you don’t feel sick, getting early treatment for HIV is important. Early treatment can help you live a longer, healthier life. Treatment can also make it less likely that you will pass HIV on to other people.

**Am I at risk for HIV?**

HIV is spread through some of the body’s fluids, like blood, semen (cum), vaginal fluids, and breast milk. HIV is passed from one person to another by:

- Having sex (vaginal, anal, or oral) without a condom or dental dam with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that’s infected with HIV (very rare in the United States)

In recognition of National HIV Testing Day, the Long Island Association for AIDS Care (LIAAC) will be conducting free testing and outreach events June 26th at 600 Allyn Ln, Central Islip 10am-11am and 103 Millpond Ln, Bay Shore 11am-12pm; on June 27<sup>th</sup> 260 Clinton St, Hempstead, 1556 Straight Path, Wyandanch 11am-3pm, and 6 Butler St, Glen Cove.

To get involved with our efforts, visit our Facebook page at <https://www.facebook.com/LIAAC.inc> and follow us on Twitter at @LIAAC\_inc.

For more information, call our toll free hotline at 1-866-236-3448.

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