

30 Ways to World AIDS Day

WHETHER YOU ARE RAISING FUNDS OR RAISING AWARENESS, HERE ARE **30 DIFFERENT WAYS YOU CAN RAISE IN THE LEAD UP TO WORLD AIDS DAY!**

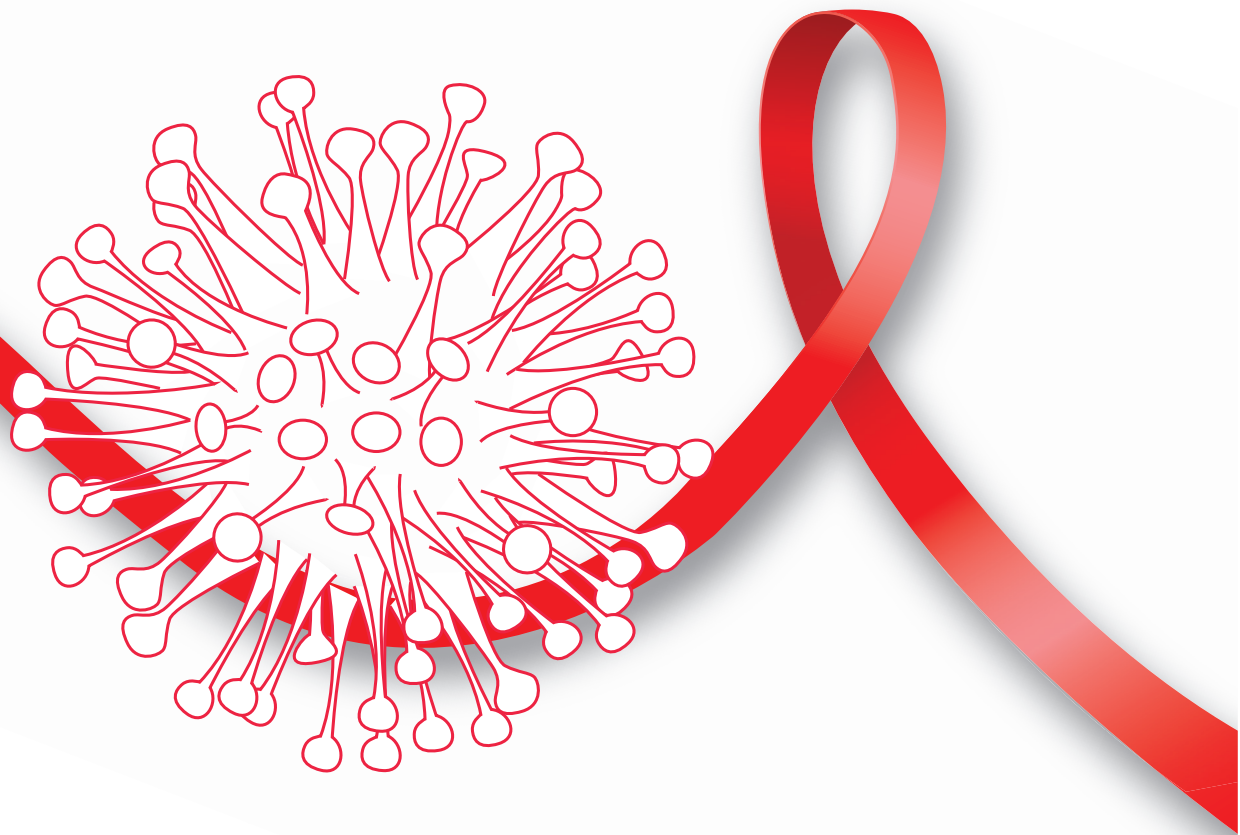
- 1 **Display this poster** somewhere public.
- 2 **Sell World AIDS Day red ribbons** and other merchandise.
- 3 **Include information** about World AIDS Day and how to donate in your internal AND external **work communications**.
- 4 Order the World AIDS Day **fundraiser cookies** from the AIDS Action Council website.
- 5 **Donate a percentage of your pay** or business profits earned in November to the AIDS Action Council for World AIDS Day.
- 6 Appoint a **World AIDS Day champion** in the workplace.
- 7 **Donate your weekly coffee money** to AIDS Action Council and do a caffeine cleanse.
- 8 **Pay it forward:** purchase a ticket to the World AIDS Day community picnic for someone you care about.
- 9 **Buy a Viva Glam Lipstick** from MAC Cosmetics! All profits from the sale of Viva Glam go to the MAC AIDS FUND.
- 10 **Become a member or volunteer** of the AIDS Action Council.
- 11 **Freebie Feel Good Date Night:** plan a freebie date night with your partner, or with your friends. Donate the money you would normally spend on a night out or a meal to the AIDS Action Council. Don't forget to share fun photos from your date night on social media!
- 12 Help us make friends: **Share information about the AIDS Action Council**, membership and volunteering.
- 13 **Bake and sell red velvet cupcakes** for \$2 each and donate the profits to AIDS Action Council.
- 14 Are you part of a business? **Donate 10% of the profits** made on 1 December, World AIDS Day.
- 15 **Organise a sporting match** and pay to play.
- 16 Treat your November Employee of the Month (or someone who's done a great job!) with **two tickets to the World AIDS Day Community Picnic** on 1 December.
- 17 Are you a team leader or manager? **Buy your team members a red ribbon each.**
- 18 **Make birthdays sweeter:** Ask for a gold coin donation at any birthday morning teas in the office during November.
- 19 **Build your knowledge of HIV/AIDS** by contacting the Council and requesting resources for your workplace.
- 20 **Hand out information about HIV/AIDS** and the AIDS Action Council at a staff meeting in November.
- 21 **Share an AIDS Action Council social media post** about World AIDS Day through your individual or business profiles to encourage your followers to read up and donate.
- 22 **Contact the Education Team** at AIDS Action Council to come and talk to your organisation about HIV/AIDS in 2018.
- 23 Add the **World AIDS Day fundraising signature block** to your emails in November.
- 24 **Share the ways you're supporting** World AIDS Day via your social media profile.
- 25 **Host an afterhours film night** in the office for a gold coin donation to the AIDS Action Council.
- 26 **Silver Linings** - encourage everyone at work to give up all their silver change for World AIDS Day.
- 27 Review your workplace donation program: **become a philanthropic donor** with the AIDS Action Council.
- 28 Implement a **workplace volunteering program** and volunteer once (or more!) at a Council event.
- 29 **Challenge yourself to learn 5 new facts about HIV/AIDS** and share your facts with 5 co-workers by World AIDS Day - you'll be amazed how much you can learn!
- 30 **Change your Facebook cover page** to a World AIDS Day image, available via our website and social media.

THE AIDS ACTION COUNCIL WANT TO HELP YOU RAISE WORLD AIDS DAY.
Contact us for additional support during this campaign, to help you and your team stay on track.

WORLD AIDS DAY 1 DECEMBER

contact@ aidsaction.org.au | aidsaction.org.au/WAD | 6257 2855 | @aidsactionact

WORLD AIDS DAY



World AIDS Day

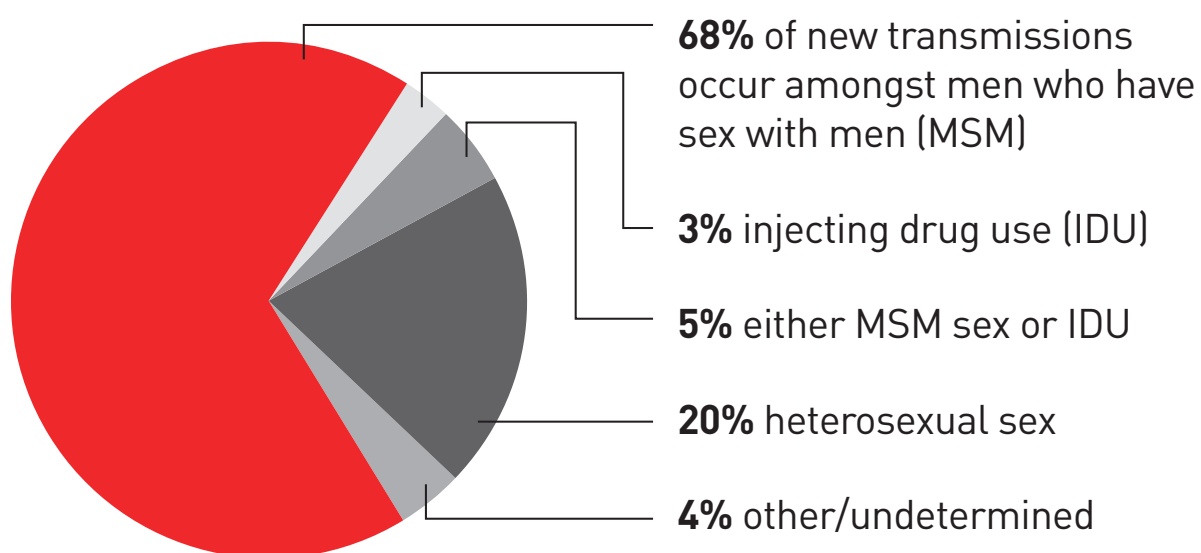
World AIDS Day is marked annually on 1 December. This day raises awareness across the world and in our communities about the issues surrounding HIV and AIDS. It is a day for people to show their support for people living with HIV and to commemorate people who have lost their lives to HIV/AIDS.

Fast facts on HIV/AIDS

HIV (Human Immunodeficiency Virus) is a virus that attacks the human immune system. The immune system stops disease and infections in the body. Someone with the virus can live with HIV for many years without becoming ill or showing symptoms. However HIV will remain in the body, damaging the immune system, and the person remains infectious, able to spread the virus to others. Over time, HIV can damage the immune system, leaving people living with HIV vulnerable to diseases and infections that their body would normally be able to fight off.

People living with HIV (PLHIV) can take daily treatment to prevent the virus from advancing into AIDS. Without treatment, PLHIV are at risk of developing AIDS defining conditions. AIDS refers to the illnesses that can develop as a result of untreated HIV or in a person where current treatments have failed. It is not an interchangeable term with HIV. People living with HIV in Australia may still develop AIDS, but this is now rare.*

HOW HIV IS TRANSMITTED IN AUSTRALIA



AIDS Action Council

Since its establishment in 1983, the AIDS Action Council has been delivering important outcomes for the health and wellbeing of our communities. Services have evolved in response to community needs and medical advances. HIV work has stayed at the heart of what we do, however this work now sits within a broader focus on health promotion, prevention, treatment, community acceptance and the celebration of diversity across our communities.

Our mission is to work with individuals, communities and partner organisations to: virtually eliminate new HIV transmissions by 2020; provide support for individuals and families living with and impacted by HIV; and build a strong and safe community that is free of discrimination, marginalisation and stigma.

**WORLD AIDS DAY 1
DECEMBER**

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