

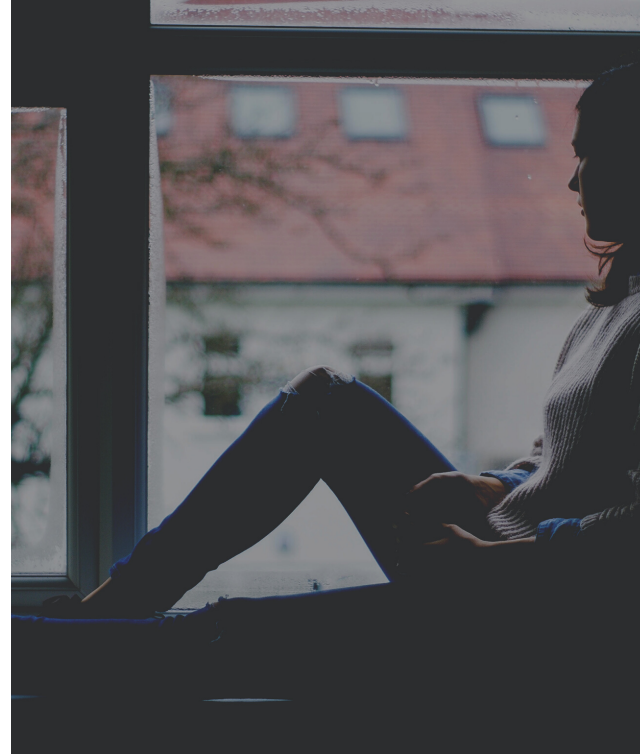
# OUR+CARE OC

A NEWSLETTER CREATED BY HIV-POSITIVE INDIVIDUALS  
FOR PEOPLE LIVING WITH HIV

## WHAT IS HIV STIGMA?

HIV stigma is negative attitudes, actions, and judgments towards people living with HIV (PLWH) or at risk of HIV. Stigma can affect a person's mental health, job opportunities, and relationships in a bad way. It can also have a harmful impact on the health of PLWH. HIV stigma can make someone feel too scared to find out their HIV status, get treatment, or stay in care.

When a person with HIV has bad feelings or thoughts about themselves because of their HIV status it is called internalized stigma or self-stigma. Self-stigma can make a person sad, feel alone, and have feelings of shame. It can even affect a person's ability to stick to their HIV care and meds. Breaking down HIV stigma is a big part of ending the HIV epidemic.



## HIV STIGMA: BY THE NUMBERS



**9 in 10** Americans believe that there is still stigma around HIV

**88%** of Americans agree that "people are quick to judge those with HIV"

**51%** of non-LGBTQ Americans reported feeling knowledgeable about HIV

*State of HIV Stigma Poll 2020, GLAAD  
[www.glaad.org/endhivstigma](http://www.glaad.org/endhivstigma)*

## HIV STIGMA TODAY

HIV stigma continues to be a worldwide issue. Some of the same fears surrounding HIV in the 1980s are still around today. In a poll on HIV stigma by GLAAD\*, about 9 in 10 Americans believe "there is still stigma around HIV". The poll also showed that 88% of Americans agree that "people are quick to judge those with HIV." A majority of Americans still do not know a lot about HIV including how it gets transmitted and that it is treatable. The State of HIV Stigma Study\* found that only half of Americans feel knowledgeable about HIV.

*\*State of HIV Stigma Poll 2020, GLAAD*

# WHAT CAN BE DONE ABOUT HIV STIGMA?

When we support PLWH, we can help make it simpler for them to lead healthy lives. If you are wondering how you can help end HIV stigma, here are some ideas:

## TALK ABOUT HIV

Talking about HIV with others can help normalize the topic. It also creates opportunities to fix myths and stereotypes about HIV. Talking about HIV can also help others learn more about HIV.

When talking about HIV, the words we use matter. Learn how to talk about HIV and stigma in a

supportive way using the Stigma Language Guide.

[www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop](http://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop)

## SUPPORT IN ACTION

It is important to speak up and take action when you see others behaving in ways that are stigmatizing. Read through example situations that show how HIV stigma can happen in many settings and learn ways to take action here.

[www.cdc.gov/stophivtogether/hiv-stigma/stigma-scenarios](http://www.cdc.gov/stophivtogether/hiv-stigma/stigma-scenarios)

## RESOURCES

### CDC: HIV Stigma

[www.cdc.gov/hiv/basics/hiv-stigma](http://www.cdc.gov/hiv/basics/hiv-stigma)

### OC Anti-Stigma Campaign

[www.ochealthinfo.com/about-hca/public-health-services/services/diseases-conditions/disease-information/hiv-planning-6](http://www.ochealthinfo.com/about-hca/public-health-services/services/diseases-conditions/disease-information/hiv-planning-6)

### OC Mental Health Resources for PLWH

[www.ochealthinfo.com/about-hca/public-health-services/services/diseases-conditions/disease-information/hiv-planning-1#mental](http://www.ochealthinfo.com/about-hca/public-health-services/services/diseases-conditions/disease-information/hiv-planning-1#mental)

### Standing Up to Stigma

[www.hiv.gov/hiv-basics/overview/making-a-difference/standing-up-to-stigma](http://www.hiv.gov/hiv-basics/overview/making-a-difference/standing-up-to-stigma)

## STAND UP TO STIGMA



- ✓ **Talk openly** about HIV and stigma
- ✓ Choose **supportive language** that is not stigmatizing
- ✓ Speak out to **correct myths** and **stereotypes**
- ✓ **Educate** yourself and others



## NOT SURE WHAT HIV STIGMA LOOKS LIKE?

Here are some examples:

1. Believing that only certain groups of people can get HIV
2. Refusing casual contact with someone living with HIV
3. Socially isolating a member of a community because they are HIV positive

#StopHIVtogether



## ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE

This is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to improve the quality of Ryan White services. If you have feedback or suggestions for future newsletters, please contact Kristin Alix at [KALix@ochca.com](mailto:KALix@ochca.com).

