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Contacts:	Jamila Ullah	D. Ray Ward
	Director of Prevention Education	Chief Program Officer
	Tel.: (631) 385-2451	Tel.:(631) 385-2451

Long Island Association for AIDS Care (LIAAC) recognizes Caribbean American HIV/AIDS Awareness Day.

June 8, 2016 is National Caribbean American HIV/AIDS Awareness Day, a day of observation of the impact of HIV and AIDS on Caribbean communities in the United States for over 20 years. As surveys continue to report higher rates of health disparities in Caribbean-American populations, HIV and AIDS are some of the resulting major health issues.

According to the Centers for Disease Control and Prevention, people of color now account for a greater proportion of AIDS cases reported. Additionally, the Caribbean has been more heavily affected by HIV than any region outside sub-Saharan Africa and has the second highest level of adult HIV prevalence. Due to a high rate of migration between the Caribbean and the United States, care and treatment services are needed for Caribbean-Americans living with HIV and AIDS. According to the New York State Epidemiological Profile in 2012, Nassau and Suffolk counties have the highest number of newly diagnosed HIV cases among similar New York regions.

To protect yourself from contracting HIV, follow these steps outlined by the Centers for Disease Control and Prevention:

- Use a condom during all sexual encounters
- Do not share needles or other works used to inject drugs
- Limit your number of sexual partners
- Get tested regularly
- Use pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis if you are at risk for contracting HIV

In recognition of National Caribbean HIV/AIDS Awareness Day, the Long Island Association for AIDS Care will be providing free and confidential testing to the public at Walgreens, located at 603 Uniondale Avenue, Uniondale NY 11553, on June 8, 2016 from 2 to 7 p.m.

For information about LIAAC events, visit our Facebook events page at <https://www.facebook.com/LIAAC.inc/events> or call our toll free hotline at 1-866-236-3448.

SINCE 1986
LONG ISLAND ASSOCIATION FOR AIDS CARE, INC.
GAIL BAROUH, PhD, PRESIDENT/CEO
60 ADAMS AVENUE • HAUPPAUGE, NY 11788
business: (631) 385-2451 • fax: (631) 271*5816 • hotline: 1-877-TO-LIAAC
www.LIAAC.org