HIV-AIDS

In 2018, globally, of an estimated 37.9 million people living with HIV-AIDS, 79% were diagnosed with HIV-AIDS; and 62% of people diagnosed with HIV were receiving anti-retroviral treatment. 53% of those receiving antiretroviral treatment achieved viral suppression of HIV.

Globally, although HIV infection rates declined by 16% between 2010 and 2018, 1.7 million people are estimated to have been newly infected with HIV in 2018.

More than half of new HIV infections globally occurred in key populations, for example people who inject drugs, sex workers, men who have sex with men, and the sexual partners of key populations.

Anywhere in the world, the efforts by health authorities alone cannot be sufficient to reduce HIV infection rates. Despite the availability of good quality testing and treatment services, new HIV infections are still high.

Communities play essential roles to underpin prevention and control of HIV. Communities are at the front line to reach key populations, to help link people living with HIV to prevention and care services and to help promote adherence to treatment.

What is HIV-AIDS?

The Human Immunodeficiency Virus (HIV) attacks the immune system of an infected person. Due to decreased immunity, the body cannot properly fight infections caused by bacteria, fungi, and other viruses. Without antiretroviral treatment, HIV multiplies in the body.

HIV situation in Myanmar

It is estimated that about 240,000 people living with HIV-AIDS
166,696 people are reported to be receiving antiretroviral treatment
91% of those receiving treatment (and access viral load testing) achieve viral suppression - an excellent result for the country, as it is already ahead of the global target for Dec 2020 in this regard
annual new HIV infections are decreasing significantly, from 28,000 people in 2000 to 11,000 people in 2018
the national health authorities and its implementing partners are providing HIV prevention, diagnosis and care services in all states and regions of the country - to improve access to services by people living with HIV and expand the right to health (see map)
community participation is essential to support the needed services.
How to prevent HIV infection?

HIV can be prevented effectively and efficiently:

1. **Practice safe sex**—use condoms
2. **Never share** syringes and needles
3. **Use sterile** needles and syringes only.
4. **Practice universal precaution** and **infection prevention**
5. **Seek** medical care if you have a sexually transmitted disease
6. **Take an HIV test**, if you feel unsure or at risk, so you can receive early treatment if necessary

- if you are accidentally exposed to HIV, or experience a sexual assault, seek health professional advice without delay. **Post exposure prophylaxis (PEP)** to prevent HIV is available at most public hospitals.
- ask your physician about **pre-exposure prophylaxis (PrEP)** if you engage in practices that put you on high risk of HIV infection.
- **Antiretroviral medicines** are key for care -- as well as prevention. If a person with HIV takes anti-retroviral treatment, and viral load is suppressed, transmission of HIV no longer takes place. They can also be used to protect people without HIV if used as PrEP or PEP.

What you need to know about HIV transmission

HIV is transmitted by exchange of infected body fluids. The most common examples are through infected blood, semen, vaginal secretion. Breast milk by a HIV+ Mother without treatment can also transmit HIV.

The risk of HIV transmission increases by:

- **Having unprotected sex**
- **Sharing contaminated needles, syringes, injecting equipment, and drug solutions, when injecting drugs**
- **Receiving unsafe injections, blood transfusions, tissue transplantation, procedures that involve non sterile cutting or piercing.**

How communities make a big difference

- **Communities** play a major role in reaching and connecting people living with HIV to prevention and care. At present, globally, 2 among 3 people living with HIV are treated.
- **Community based HIV services** are at the core of national response to HIV.
- **Community participation** underscores equal and effective access to health services generally.
- **Community based HIV support** for adherence to treatment renders care more effective and reduces workload of health workers.
- **Community based organizations**, Ethnic health organizations and civil society boost essential health services, including HIV prevention and care, and help achieve universal health coverage.