Global solidarity - shared responsibilities

In 2019, globally, of an estimated 38 million people living with HIV (PLHIV), 81% of PLHIV knew their status; and 68% of adults living with HIV were receiving anti-retroviral treatment. 59% of those receiving antiretroviral treatment achieved viral suppression of HIV.

Globally, although new HIV infection rates declined by 39% between 2010 and 2019, 1.7 million people are estimated to have been newly infected with HIV in 2019.

New HIV infections occurred in people with risk practices such as unprotected sex, sharing uncleaned needles and syringes.

Despite the availability of good quality testing and treatment services, new HIV infections are still high.

Anywhere in the world, the efforts by health authorities alone cannot be sufficient to reduce HIV infection rates. Involvement of different stakeholders (including UN agencies, development partners, civil society organizations, ethnic health organizations and community groups) is a key to prevent and control of HIV transmission.

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

As of September 2020, 196,995 people living with HIV-AIDS are reported to be receiving antiretroviral treatment

94% of those receiving treatment (and access viral load testing) achieve viral suppression - an excellent result for the country

annual new HIV infections are decreasing significantly, from 28,000 people in 2000 to 9,800 people in 2019

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)
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 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.

Maintaining essential health services in times of Covid19

- Covid19 is already exacerabting the existing vulnerabilities and like many other major health issues, HIV faces additional challenges during the Covid19 pandemic.
- Any slowing down in provision of HIV prevention, testing, treatment and care services will leave many vulnerable populations at greater risk of HIV infection and AIDS-related deaths.
- Throughout the Covid19 response, recovery and beyond, health services to PLHIV and vulnerable population must be resilience with the shared responsibility between health workers and community representatives.
- We all can contribute to the united effort to end AIDS and make the world a healthier place.

Each of us can help end the pandemic:

- **do the ‘3ws’**
  - wash your hands
  - watch your distance
  - wear your mask
- **avoid ‘3cs’**
  - crowded places
  - close contact
  - confined poorly ventilated areas

...do practice the above always -- to protect yourself and others...