Focused action to reduce new infections

The biggest challenge in delivering basic prevention, testing and treatment services lies in reaching marginalized groups who are at high risk of HIV infection, but often face legal, social and financial barriers to accessing HIV services. Stigma and discrimination can hinder the delivery of HIV prevention, testing and treatment services to those who need them.

Ensuring access to HIV prevention, testing and treatment services at an appropriate scale requires:

- Commitment to saving people’s lives and meeting global targets
- Removing the legal, policy and implementation barriers that prevent people from accessing HIV services
- Knowing the epidemic and identifying the most affected population groups
- Understanding the needs of the most affected groups in order to deliver the services they need
- Focusing resources on prevention, testing and treatment services for the most affected groups
- Developing approaches that are tailored to the needs of the most affected groups
- Ensuring community and civil society involvement to overcome barriers
HIV in the Eastern Mediterranean Region in 2017

- 0.1% HIV prevalence
- 350,000 people living with HIV
- 12,000 children aged 0–14 years living with HIV
- 36,000 new infections
- 16,000 people died due to HIV
- 64,900 receiving antiretroviral therapy

Global targets 2020: Reaching 90-90-90

- 90% of people living with HIV know their status
- 90% of people living with HIV who know their status are receiving antiretroviral therapy
- 90% of people living with HIV who are receiving antiretroviral therapy are virally suppressed

Compared to 2010

- 28% increase in new infections
- 31% increase in the number of deaths due to HIV
- 8% increase in antiretroviral therapy
- 44% increase in the number of children living with HIV

Progress in the Region

- 34% of people living with HIV know their status
- 53% of those who know their status are receiving antiretroviral therapy
- 80% of those receiving antiretroviral therapy are virally suppressed

Prevent

Preventing HIV transmission means limiting the exposure of uninfected individuals to the virus. This can occur through the following interventions:

- Traditional prevention methods, including condom use and harm reduction services for people who inject drugs
- Using antiretroviral medicines in the treatment of pregnant women living with HIV to prevent transmission from the mother to her baby
- By suppressing the virus using antiretroviral therapy, the likelihood of transmitting the virus to others is dramatically decreased; treatment of all people living with HIV is therefore an effective prevention strategy
- Pre-exposure prophylaxis (PrEP)
- Post-exposure prophylaxis (PEP)

Test

HIV testing is the first step in preventing HIV infection or receiving treatment. HIV testing can be:

- Provided in existing health facilities such as antenatal care clinics, services for sexually transmitted diseases, tuberculosis clinics, and prisons
- Provided in community settings by lay providers such as peers, community workers, mobile units, or sexual partners
- Done in one’s own home using self-testing devices

Treat

Antiretroviral therapy for people living with HIV suppresses the virus to undetectable levels. With antiretroviral therapy, people living with HIV can lead a normal life like their uninfected peers.