

# People living with HIV can lead normal lives with treatment

## Facts about the Eastern Mediterranean Region

- The Region is experiencing one of the fastest growing HIV epidemics in the world.
- It has the lowest rate of access to treatment with antiretroviral medications.
- Only 13% of people who need treatment are actually receiving it.
- The main reason for this treatment crisis is that less than 5% of the population of the Region has taken an HIV test.

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WHO-EM/STD/147/E

Ask for HIV testing and counselling services in your country



It starts with an HIV test

**KNOW  
BETTER  
LIVE  
BETTER**



**World Health  
Organization**

Regional Office for the Eastern Mediterranean

World AIDS Day 2012



**UNAIDS**

# It starts with an HIV test

## Know Better

Take an HIV test. Know your HIV status.

## Live Better

*If you are HIV positive*

- You can get treatment.
- You and your partner can make safer choices about contraception or pregnancy.
- If you are pregnant or planning to get pregnant, you can receive medical interventions to deliver a baby who does not have HIV.
- You can take measures to protect your partner and yourself.

*If you are HIV negative*

You can make personal choices that ensure you remain HIV negative.

# Principles of HIV testing

Testing for HIV should always respect the **5 Cs**:

- An HIV test can only be conducted with informed **consent**.
- HIV tests should be accompanied by **counselling**.
- HIV testing and counselling services are **confidential**.
- Test results should be **correct**.
- Those who are HIV positive should be linked to treatment and **care** services.

# Ethics of HIV testing

People should not be tested for HIV:

- against their will
- without their knowledge
- without adequate information
- without receiving their test results
- without linkage to necessary services.

