

A



Abstinence

A. EFFECTIVENESS OF ABSTINENCE:

- When adhered perfectly, abstinence is 100% effective in preventing HIV

B. ADVANTAGES OF ABSTINENCE:

- Abstinence encourages self-discipline and is accepted by most cultures and religions
- It provides dual protection (against STIs/HIV and pregnancy)
- It can be used as primary method or a back-up method

C. LIMITATIONS OF ABSTINENCE:

- Long term adherence is difficult, particularly with people who have sexual partners, previous sexual exposure, limited self-control, or who use alcohol or other substances



Male Condom

B

A. EFFECTIVENESS OF MALE CONDOMS:

- Male condoms are estimated to reduce heterosexual transmission by at least 80% and to offer 64% protection in anal sex among men who have sex with men, if used consistently and correctly

B. ADVANTAGES OF MALE CONDOMS:

- Provide dual protection (against STIs/HIV and pregnancy)
- Inexpensive, available without prescription, easily accessible, and easy to use
- Can improve partner communication
- No side effects
- Gives the man the opportunity to play an active role in Family Planning
- Can help men with premature ejaculation
- Can be used together with other HIV prevention- and family planning- methods

C. LIMITATIONS OF MALE CONDOMS:

- Require motivation to put on before any physical contact occurs
- Might interfere with sexual spontaneity
- Might reduce sensation
- Require partner communication and cooperation

- Severe allergic reaction to latex is rare but may occur
- Latex condoms can be damaged by oil-based lubricants, heat, humidity, or light

D. MALE CONDOM DOS AND DON'TS

- DO use a condom every time you have sex
- DO put on a condom before having sex
- DO read the package and check the expiration date
- DO make sure there are no tears or defects
- DO store condoms in a cool, dry place
- DO use latex or polyurethane condoms
- DO use water-based or silicone-based lubricant to prevent breakage
- DON'T store condoms in your wallet as heat and friction can damage them
- DON'T use nonoxynol-9 (a spermicide), as this can cause irritation
- DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break
- DON'T use more than one condom at a time
- DON'T reuse a condom



Female Condom

C

A. EFFECTIVENESS OF FEMALE CONDOMS:

- Female condoms have similar efficacy as the male condom in reducing heterosexual transmission

B. ADVANTAGES OF FEMALE CONDOMS

- Safe
- Inexpensive, available without prescription, easily accessible, and easy to use
- Can be used together with other HIV prevention- and family planning- methods
- Women can initiate their use and give woman control over prevention of pregnancy and HIV
- Have a soft texture that quickly conducts body heat during sex
- Provide dual protection (against STIs/HIV and pregnancy)
- Outer ring provides added sexual stimulation for some women
- Do not require provider's help
- Can be inserted ahead of time so do not interrupt sex
- Are not tight or constricting
- Do not dull the sensation of sex
- Do not have to be removed immediately after ejaculation
- No side effects
- Protect women from conditions caused by STIs (pelvic inflammatory disease, cervical cancer, infertility)

C. LIMITATIONS OF FEMALE CONDOMS

- Require motivation to put on before any physical contact occurs
- Might interfere with sexual spontaneity, although the female condom can be inserted in advance
- Require partner communication and cooperation
- Might be difficult to insert at first and require practice

D. FEMALE CONDOM DOS AND DON'TS

- DO use a female condom from start to finish, every time you have vaginal sex
- DO read the condom package insert and check the expiration date
- DO make sure there are no tears or defects
- DO use lubricant to help prevent the condom from slipping and tearing
- DO store female condoms in a cool, dry place.
- DON'T use male condom with a female condom, as this can cause tearing
- DON'T reuse a female condom
- DON'T flush female condoms as they may clog the toilet



D

HIV Testing Services (HTS)

D

A. DEFINITION OF HTS

- HIV testing services refer to the full range of services that should be provided with HIV testing, including counselling (pre-test information and post-test counselling); linkage to appropriate HIV prevention, treatment, care and other clinical services; and coordination with laboratory services to support quality assurance and the delivery of accurate results.

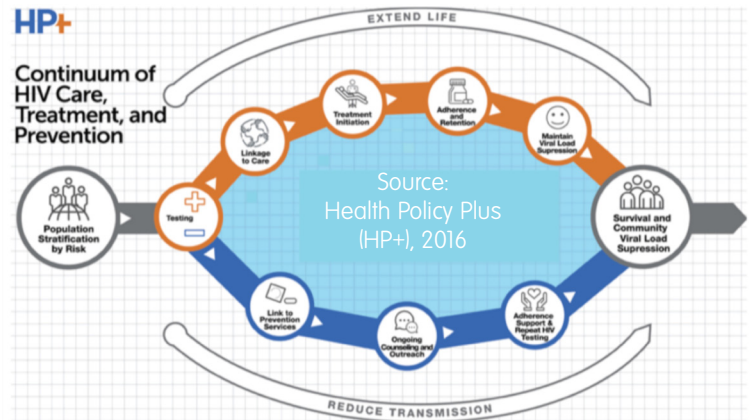
B. GOALS OF HTS

- People's knowledge of their own HIV status and that of their partners is essential to the success of the HIV response. HIV testing services provide a pathway to HIV prevention, treatment, care and other support services and have the following overarching goals:
- Identify people living with HIV by providing high-quality testing services for individuals, couples, and families
 - Effectively link individuals and their families to HIV treatment, care and support and to HIV prevention services, based on their status; and
 - Support the scale-up of high-impact interventions to reduce HIV transmission and HIV related morbidity and mortality

C. ADVANTAGES OF EARLY HIV TESTING

Early awareness of a person's HIV status has many benefits, including:

- Enabling linkages to HIV care and support services that can both improve quality of life and extend lifespan of PLHIV
- Preventing the spread of HIV through risk reduction and behavior change





Testing Together (TT)

A. OVERVIEW OF TT:

- TT, previously known as Couples HIV Testing and Counseling (CHTC), is a strategy that occurs when two or more persons who are in or planning to be in a sexual relationship receive HIV testing services together (including their HIV test results)
- It facilitates communication and disclosure of HIV status
- It also supports linkage to HIV medical care, pre-exposure prophylaxis (PrEP), and/or other appropriate services
- It has been used as an HIV testing strategy in Africa for more than 20 years and has improved HIV prevention outcomes on the continent
- Some providers fear that TT will result in violence or break up of a relationship, but there is no evidence that this is the case

B. IMPORTANCE OF TT:

- Reduces the burden of sharing one's HIV-positive status by ensuring health care provider assisted mutual disclosure
- Creates an opportunity for couples to discuss, establish, or revise sexual agreements for their relationship
- Allows couples to prepare a risk-reduction plan based on the HIV status of both partners
- Provides a support system, which may aid in linking persons living with HIV to essential care and treatment services, which is important for discordant couples (i.e., one partner is HIV-positive and the other is HIV-negative), for whom antiretroviral therapy (ART) may significantly reduce the risk of transmission
- Supports pre-exposure prophylaxis (PrEP) and condom use, which can help prevent HIV transmission
- Early diagnosis of HIV infection and linkage to care enables persons with HIV to start treatment sooner, which leads to better health outcomes and longer, healthier lives

50 mg
300 mg

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Tenofovir Disoproxil Fumarate**
**Dolutegravir/Lamivudine/
Fumarate de Tenofovir Disoproxil**
Tablets/Comprimés

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50 mg/300 mg/300 mg

POM | **Schedule 2** | **PP**

90 Tablets/Comprimés

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HIV Treatment as Prevention

A. OVERVIEW

- People with HIV should take medicine to treat HIV as soon as possible
- HIV medicine is called antiretroviral therapy, or ART
- If taken as prescribed, HIV medicine reduces the amount of HIV in the body (viral load) to a very low level, which keeps the immune system working and prevents illness. This is called viral suppression—defined as having less than 40 copies of HIV per milliliter of blood
- HIV medicine can even make the viral load so low that a test can't detect it. This is called an undetectable viral load
- Getting and keeping an undetectable viral load is the best thing people with HIV can do to stay healthy
- Another benefit of reducing the amount of virus in the body is that it helps prevent transmission to others through sex or syringe sharing, and from mother to child during pregnancy, birth, and breastfeeding. This is sometimes referred to as treatment as prevention
- There is strong evidence about treatment as prevention for some of the ways HIV can be transmitted, but more research is needed for other ways
- A person with HIV who takes HIV medicine as prescribed and gets and stays virally undetectable can stay healthy and has effectively no risk of sexually transmitting HIV to HIV-negative partners [i.e., Undetectable = Untransmittable (U=U)]

B. RISK OF HIV TRANSMISSION WITH UNDETECTABLE VIRAL LOAD BY TRANSMISSION CATEGORY

(Source: CDC webpage; Page last reviewed: February 22, 2021)

Transmission Category	Risk for People Who Keep and Undetectable Viral Load
Sex (Oral, anal, vaginal)	Effectively no risk
Pregnancy, labor, and delivery	1% or less*
Sharing syringes or other drug injection equipment	Unknown, but likely reduces risk
Breastfeeding	Substantially reduces, but does not eliminate risk

- * The risk of transmitting HIV to the baby can be 1% or less if the mother takes HIV medicine daily as prescribed throughout pregnancy labor, and delivery and gives HIV medicine to her baby for 4-5 weeks after giving birth.



Voluntary Medical Male Circumcision (VMMC)

G

A. DEFINITION OF VMMC:

- Surgical removal of the foreskin, the thin layer of skin covering the penis, by a trained health-care professional

B. EFFECTIVENESS OF VMMC:

- VMMC reduces the risk of HIV acquisition from heterosexual sex for men by about 60 percent

C. WHY IS THE INNER LAYER OF THE FORESKIN OF THE PENIS PUTS MEN AT RISK OF HIV INFECTION?

- It has high concentration of cells efficient in HIV uptake
- It is prone to tearing and bleeding during intercourse
- It has high concentrations of anaerobic bacteria which cause inflammation and may trigger the immune system to move CD4 cells to the surface of the foreskin
- Sexually Transmitted Infections, which facilitate HIV transmission, are more common in uncircumcised men

D. OTHER BENEFITS OF VMMC TO MEN

- It is a gateway for the provision of other interventions to many men and their families
- Many circumcised men report easier to maintain personal hygiene of the penis
- Reduces chance of urinary tract infections for children
- Prevents against bacterial infection on the head of the penis and the skin of the foreskin
- It solves foreskin problems, e.g., swelling behind the head of the penis, foreskin that cannot pull back (phimosis)
- Reduces the risk of other STIs like syphilis and herpes
- Reduces the chance of cancer of the penis

E. BENEFITS OF VMMC TO WOMEN:

- Women benefit indirectly from VMMC due to the lower HIV incidence and prevalence among circumcised men and, thus, less chance for a woman to have sex with an HIV-infected man
- Women who are HIV-negative may benefit directly, as well, from a reduced risk of transmission if an HIV-positive male partner is circumcised
- Now have evidence that VMMC is associated with decreased risk in women for:
 - o Cervical cancer
 - o Cervical dysplasia
 - o Herpes simplex virus type 2 (the main cause of genital herpes)
 - o Chlamydia
 - o Syphilis
 - o Human papillomavirus, or HPV, which causes cervical cancer and genital warts

F. LIMITATIONS OF VMMC:

- Does not eliminate risk of female-to-male HIV transmission. Safer sex practices remain essential, including partner reduction and use of condom as well as PrEP
- The evidence is less clear whether VMMC reduces HIV infection among men who have sex with men
- Has low risk of moderate and severe adverse events (3.3%). The main adverse events are infection and bleeding that are resolvable events with early detection and medical care



For detailed
information
about PrEP

please refer to the PrEP flyer