



## Prevention with Positives

The U.S. President's Emergency Plan for AIDS Relief is the largest commitment ever by any nation for an international health initiative dedicated to a single disease.

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*U.S. Department of Labor*

*U.S. Department of Health and Human Services*

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Recent efforts by the President's Emergency Plan for AIDS Relief (PEPFAR) to prevent new HIV infections have expanded from a focus on HIV-negative individuals to also include interventions with people who are living with HIV/AIDS (PLWHA). The adoption of healthy living and reduction in risk behaviors among HIV-positive people leads to a substantial improvement in the quality of life and a reduction in HIV transmission rates. These prevention efforts aim to mitigate the spread of HIV to sex partners, injecting drug use partners, and infants born to HIV-infected mothers, as well as protect the health of infected individuals.

### PEPFAR Supports Prevention for People Living with HIV/AIDS by:

**Providing HIV-positive individuals with information about ways they can protect their own health.** This is done through the active involvement of PLWHA in the planning, delivering and monitoring of prevention, treatment and care services (see Issue Brief on *Meaningful Involvement of PLWHA*). It also ensures that interventions address comprehensive needs in an environment free from stigma and discrimination.

**Encouraging and counseling HIV-positive persons to prevent transmission of HIV.** In order to protect the health of PLWHA and to reduce the number of people exposed to HIV, every medical and/or counseling visit should include discussion of behavioral interventions to reduce the likelihood of HIV transmission. Counseling may include support for: sexual abstinence, reduction of the number and concurrency of sexual partners, and correct and consistent use of condoms. In addition to protecting HIV-infected individuals from acquiring new infections, these interventions also can help to prevent unintended pregnancies.

**Promoting and providing condoms to sexually active HIV-positive individuals.** Condom use is an essential component of prevention strategies for PLWHA to prevent transmission to HIV-negative sex partners, and reduce the risk of acquiring other STIs.

**Developing strategies to increase adherence to PMTCT and therapeutic treatment regimens.** Ensuring good adherence will facilitate maximum viral suppression, thus reducing HIV transmission risk. Interventions such as adherence counseling, use of pill boxes, and medication companions can be provided in clinical, community or home settings.

**Providing all HIV-positive women and young people with support to prevent mother-to-child transmission.** For HIV-positive women and couples who desire children, it is important to discuss strategies to reduce the likelihood of transmission to sex partners and infants. HIV-positive women who become pregnant are referred to PMTCT services as early as possible. Condoms are provided through PEPFAR funds; U.S. family planning programs may provide other contraceptives.

**Discussing with all HIV-positive persons strategies for disclosing one's HIV status to children born to all individuals who are living with HIV/AIDS.** Provider- and/or counselor-mediated disclosure are options for those who do not feel comfortable disclosing on their own.

