



Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) in Jordan

Human Immunodeficiency Virus (HIV)

A virus that attacks white blood cells, replicates in the bloodstream, and ultimately destroys the immune system.

Acquired Immunodeficiency Syndrome (AIDS)

The advanced stage of HIV infection, characterized by a collection of opportunistic diseases and infections that occur due to the complete breakdown of the human immune system.

Stages of HIV infection:

Acute HIV Infection

1

- The first stage of infection lasts 2 to 4 weeks after exposure.
- Flu-like symptoms appear.
- Viral replication increases significantly.
- The virus attacks and destroys CD4 immune cells.
- The risk of transmitting the infection becomes higher.

Chronic HIV Infection

2

- The viral load level decreases.
- Infected individuals may not show symptoms.
- Without treatment, the chronic infection progresses to AIDS within 10 years.

AIDS

3

- CD4 cells drop below 200 cells/mm³.
- Weakened immune system with frequent infections and illnesses.
- Without treatment, the infected person can transmit the virus.
- Without treatment, the infected person survives about 3 years.

Modes of HIV Transmission



Ways HIV is transmitted

- ✓ From the infected mother to the fetus or through breastfeeding.
- ✓ Sexual contact with an infected partner.
- ✓ Sharing needles or sharp instruments contaminated with the virus.
- ✓ Blood transfusions or blood products contaminated with the virus.



Ways HIV is NOT transmitted

- ✗ Hugging, closed-mouth kissing, handshaking, sneezing, coughing and sweating.
- ✗ Eating with or sharing utensils with AIDS patient.
- ✗ Bathtubs, swimming pools, using toilets or sharing towels.
- ✗ Insects or pets.

HIV/AIDS Prevalence in Jordan (1986-2023)



One-third of cumulative AIDS cases in Jordan are Jordanians **628** cases.



Half of Jordanian AIDS patients contracted the infection inside Jordan.



Two-thirds of Jordanian AIDS cases resulted from sexual contact.

The majority of infections among Jordanians occurred among males and in young age groups



82% of infected Jordanians are males.

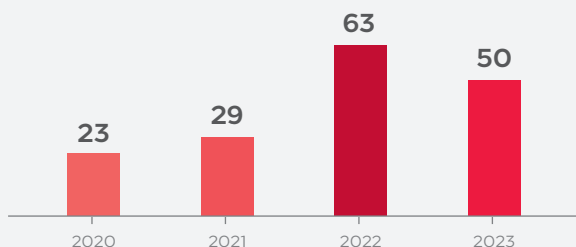
61% of male infections occur among youth in the 29-39 age group.



18% of infected Jordanians are females.

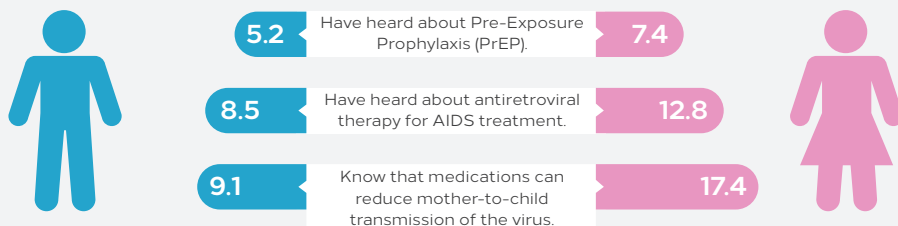
57% of female infections occur in the 29-39 age group.

Trends of HIV/AIDS Cases in Jordan 2020-2023



Knowledge and Attitudes

Low percentage of men and women in the age group (15-49) who are aware of the existence of medications for prevention or stopping the spread of HIV in Jordan



Awareness of the existence of medications is among the successful prevention strategies

Low percentage of Jordanian youth with knowledge about HIV prevention



Percentage of Jordanian youth aged **15-24** with knowledge about HIV prevention.



Percentage of ever-married young women with knowledge about HIV prevention.

High percentage of Jordanians hold discriminatory attitudes toward people living with HIV/AIDS

The persistence of discriminatory attitudes toward people living with HIV/AIDS remains a challenge to prevention efforts against the virus



Discriminatory Attitudes Toward People with HIV/AIDS in Jordan Among Jordanian Males (**15-49**).



Discriminatory Attitudes Toward People with HIV/AIDS in Jordan Among Jordanian Females (**15-49**).

Diagnosis of HIV Infection

The only way to detect HIV infection is through testing. The U.S. Centers for Disease Control and Prevention (CDC) recommends:

- Everyone aged 13 to 64 should get tested for HIV at least once as part of routine healthcare.
- People with certain risk factors should get tested more frequently, at least once a year.



HIV Prevention Strategies



- 1 Health education about the nature of the disease, transmission methods, and prevention.
- 2 Voluntary counseling and testing programs for individuals with non-marital sexual practices, at least annually.
- 3 Implementation of prevention programs for mother-to-child transmission.
- 4 Providing triple prophylactic treatment for medical staff exposed to infection while handling patients.
- 5 Pre-Exposure Prophylaxis (PrEP) for uninfected individuals at risk.
- 6 Ensuring sexual partners are HIV-free, using high-quality condoms correctly when status is uncertain.
- 7 Screening blood for infectious diseases, especially HIV, when receiving blood transfusions outside Jordan.
- 8 Incorporating HIV education into Jordanian school and university curricula, focusing on transmission and prevention methods.

