



World Health
Organization

GUIDELINES



UPDATED RECOMMENDATIONS ON
**HIV PREVENTION, INFANT
DIAGNOSIS, ANTIRETROVIRAL
INITIATION AND MONITORING**

MARCH 2021

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Updated recommendations on HIV prevention, infant diagnosis, antiretroviral initiation and monitoring: March 2021

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I. ABBREVIATIONS AND ACRONYMS

AIDS	acquired immunodeficiency syndrome
ART	antiretroviral therapy
ARV	antiretroviral (drug)
CI	confidence interval
COVID-19	coronavirus disease
DALY	disability-adjusted life-year
DTG	dolutegravir
EFV	efavirenz
GRADE	Grading of Recommendations Assessment, Development and Evaluation
HIV	human immunodeficiency virus
NNRTI	non-nucleoside reverse-transcriptase inhibitor
PI	protease inhibitor
PICO	population, intervention, comparison and outcome
PrEP	pre-exposure prophylaxis
TB	tuberculosis
TDF	tenofovir disoproxil fumarate
UNAIDS	Joint United Nations Programme on HIV/AIDS

II. DEFINITION OF KEY TERMS

General

HIV refers to the human immunodeficiency virus. There are two types of HIV: **HIV-1** and **HIV-2**.

HIV-1 is responsible for the vast majority of HIV infections globally.

Acute (HIV) infection is the period between a person being infected with HIV and HIV antibodies being detectable by a serological assay.

Age groups and populations

The following definitions for adults, adolescents, children and infants are used in these guidelines for the purpose of implementing recommendations for specific age groups. It is acknowledged that countries may have other definitions under national laws:

- An **adult** is a person older than 19 years of age.
- An **adolescent** is a person 10–19 years of age inclusive.
- A **child** is a person one year to younger than 10 years of age.
- An **infant** is a child younger than one year of age.

Key populations are groups that have a high risk and disproportionate burden of HIV in all epidemic settings. They frequently face legal and social challenges that increase their vulnerability to HIV, including barriers to accessing HIV prevention, treatment and other health and social services. Key populations include men who have sex with men, people who inject drugs, people in prisons and closed settings, sex workers and transgender people.

Vulnerable populations are groups of people that are vulnerable to HIV infection in certain situations or contexts, such as infants, children and adolescents (including adolescent girls in sub-Saharan Africa), orphans, people with disabilities and migrant and mobile workers. They may also face social and legal barriers to accessing HIV prevention and treatment. These populations are not affected by HIV uniformly in all countries and epidemics and may include key populations. Each country should define the specific populations that are vulnerable and key to their epidemic and response, based on the epidemiological and social context.

Substantial risk of HIV infection is provisionally defined as an incidence of HIV greater than

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