**What is CAMPHIA?**
CAMPHIA is a survey about HIV in Cameroon. “CAMPHIA” stands for Cameroon Population-based HIV Impact Assessment. It is a survey led by the Government of Cameroon through the Ministry of Public Health (MoPH) to determine the impact of HIV on our country. CAMPHIA will also help the government to understand where the need is for, or more different HIV-related services.

**Who is CAMPHIA for?**
CAMPHIA will benefit all Cameroonians. CAMPHIA will help us determine how many people in Cameroon have HIV and need health services. CAMPHIA will also give participants the opportunity to get free HIV testing and counseling in the privacy of their own homes.

**Will the survey target all households in Cameroon?**
No, CAMPHIA will target 14,000 randomly selected households across Cameroon and only members in these households will be invited to participate in the survey. Random sampling is like tasting soup while you cook it. You only take one bite to see if the soup has enough salt – you don’t have to eat every last bite to test the seasoning. CAMPHIA will visit these 14,000 households to see what the state of HIV and HIV-related services is like throughout the country. It will not visit every household.

**What is the goal of CAMPHIA?**
The goal of CAMPHIA is to assess the current status of the HIV epidemic and the uptake of prevention, care and treatment services in Cameroon. CAMPHIA will estimate HIV incidence (the number of new HIV infections in a population during a certain time period), prevalence (the number of people living with HIV at a specific point in time and is expressed as a percentage of the population), and viral load suppression among adults and children. Viral load is the amount of HIV in the blood of someone who is HIV-positive. When your viral load is very low (called viral suppression, with less than 1000 copies per milliliter of blood), your chance of transmitting HIV is greatly reduced. Viral suppression is a health goal for all people living with HIV. If you’re living with HIV, you can achieve viral suppression by taking HIV medication (antiretroviral therapy, also known as ART) every day and exactly as prescribed. Being virally suppressed doesn’t mean that you are cured—HIV is still in your body. CAMPHIA aims to measure the impact of Cameroon’s HIV prevention, care and treatment services, to guide evidence-based decision making, policy formulation and programming.

**Who is doing this survey?**
The Ministry of Public Health and the National Aids Control Committee (NACC) in collaboration with the National Institute of Statistics, ICAP at Columbia University and the U.S. Centers for Disease Control and Prevention (CDC) will conduct the survey.

**Why is CAMPHIA important?**
- No previous national-level, population-based studies have included HIV incidence, viral load suppression (VLS), pediatric HIV prevalence, or ART coverage in Cameroon. CAMPHIA will therefore address this gap by estimating HIV incidence, VLS among HIV-positive individuals, and pediatric prevalence.
- CAMPHIA is a national household-based survey that will help health authorities and policymakers to better understand the relative impact of HIV on everyone in the population, not only people living with HIV but also their family, friends, and community.
- By measuring the coverage of testing, treatment and viral load suppression nationally, CAMPHIA will benchmark Cameroon’s progress towards national targets. This information is critical to helping Cameroon chart a course to reach the UNAIDS’ 90-90-90 targets and ultimately bring the HIV epidemic under control.
- In 2014, UNAIDS set the 90-90-90 targets. It is an ambitious treatment target to help end the AIDS epidemic. By 2020, 90% of all people living with HIV will know their HIV status. By 2020, 90% of all people with diagnosed HIV infection will receive sustained antiretroviral therapy. By 2020, 90% of all people receiving antiretroviral therapy will have viral load suppression. When this three-part target is achieved, at least 73% of all people living with HIV worldwide will be virally suppressed - a two- to three fold increase over current rough estimates of viral suppression.
- Findings from CAMPHIA will provide a deeper understanding of the impact of the HIV response at national and sub-national levels. The findings can be used to guide future investments and help target programs and resources for populations at greatest risk and in most need of services.
- CAMPHIA will help people learn about their health by providing HIV testing and results to participants. CAMPHIA will also provide information about HIV prevention to all participants.
- CAMPHIA will help determine user satisfaction with the national health system for evidence-based decision making, policy formulation and programming.

**Why should I participate?**
This survey is an opportunity to receive an HIV test in your home. Testing regularly for HIV is recommended. If you test positive, free of charge treatment is available in approved health centres all over Cameroon and that can help you live a healthy and long life. CAMPHIA staff will provide counselling support to help you know your HIV status and will make sure you know where you can go to get care and treatment. Men matter. This survey wants to understand the health of men, so we can improve the health services available to men like you. **Young people** are Cameroon’s future. This survey wants to hear from young people so that we can improve services to help youth stay healthy. **Women** use the health system more than anyone else. This survey wants to understand how the health system is serving women’s health and how it can be improved. Your participation provides important information about health in Cameroon and it is an opportunity to contribute to the greater good.

Concerning people living with HIV: If you are HIV-positive, this is a chance to get CD4 and viral load tests at no cost in the comfort of your home. The results will be sent to the nearest health facility of your preference. This helps your doctor understand how you are doing and make sure that you get the right care.

Information from HIV-positive people is also important to the survey. They will be able to share their experiences and challen-
What is the cost of participating in the survey?
There is no cost for you to participate in any part of the survey.

Do I have to participate?
It is voluntary. If you choose to participate, you will have the chance to learn about your HIV status in the convenience of your home. If you do not want to participate, there will be no negative consequences to you.

What are the benefits if I participate?
This is an opportunity to learn about your HIV status today and also to contribute to the national programme on HIV treatment, care and prevention. CAMPHIA gives you and your family the opportunity to test for HIV in the privacy and convenience of your home. If you are HIV positive, getting treatment early allows you to live a long and healthy life. Your participation will also help your community by providing the Ministry of Public Health with information about how to make more effective programmes to respond to HIV and improve the health of Cameroonians.

How will the survey be conducted?
Survey teams will visit households that have been randomly selected ahead of time. The team will speak to the head of household and ask for consent to collect information from the rest of the household. Every part of CAMPHIA is voluntary. The team will not interview anyone without their consent. The survey has two parts: the first part is an interview. Individuals will be asked questions about age, the kind of work they do, their experience with HIV services, and their personal behaviors. Interviewers will record these answers on tablet computers. After the interview, trained counselors will then offer HIV tests to participants. This will require a blood draw. HIV test results will be available the same day. If someone tests HIV positive, the counselor will counsel and provide a referral to a health facility for treatment. Additionally, he/she will explain how the participant can get their viral load test results in a few weeks (about 10-12 weeks) at a local health facility of their choice.

How much blood will be collected for tests and will this be painful?
The health workers who perform the blood draw are expertly trained to minimize any pain or discomfort due to blood draw. CAMPHIA staff will take a few millilitres of blood from each participant. This is a very small amount compared to the amount of blood in your body and it is very safe to remove this small amount of blood.

What are the benefits of knowing my HIV status?
HIV is a virus that weakens your body’s ability to fight off infections and stay strong. Over time, it can make you too weak to fight off even simple germs. Fortunately, life-saving medicine is available and it is free. The earlier someone with HIV starts taking medication, the longer and healthier they can live. Knowing if you have HIV gives you the power to take care of your health and stay strong.

Will my information be kept private?
Yes. Your answers and test results are confidential. The CAMPHIA survey team is trained to keep your information private. They will not tell anyone what you say during the survey. They will not tell anyone your test results.

When will I get the test results?
You will get your HIV test results the same day.

What does it mean if I test positive for HIV?
It simply means that the HIV virus has been detected in your blood. It does not mean that you have AIDS.

What will happen if I test positive?
CAMPHIA staff will test the amount of CD4 cells, viral load and Hepatitis B in your blood.

What will happen to my child if s/he tests positive?
CAMPHIA staff will test the amount of CD4 cells, viral load and Hepatitis B in your child’s blood.

What will happen to my blood?
With your permission, the blood sample will only be used for testing in a laboratory. It will be handled according to Ministry of Public Health approved standards.

Is there a vaccine for HIV?
At the moment there is no vaccine. Although experts believe it will be possible to develop a vaccine for HIV, this is likely to take several years.

How can I tell if someone has HIV?
You cannot tell by simply looking or talking to someone. Only an HIV test can correctly tell if someone has HIV or not.

Hepatitis B

4Key facts
• Hepatitis B is a potentially life-threatening liver infection caused by the hepatitis B virus. It is a health problem. It can cause chronic infection and put people at high risk of death from liver cancer.
• The virus is transmitted through contact with the blood or other body fluids of an infected person.
• It can be prevented by currently available safe and effective vaccine.
• Early diagnosis is important for you to access treatment.

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