

TEN THINGS YOU CAN DO FOR INTERNATIONAL UHC DAY: 12 DECEMBER 2020



WHAT IS UHC DAY?

Universal health coverage (UHC) means all people, everywhere, can get the quality health services they need without financial hardship.

Every 12th December, advocates worldwide mobilise on UHC Day to call for strong, equitable health systems that leave no one behind.

The theme of this year's UHC Day is '#Protect Everyone'.

For more information about UHC Day go to:

<https://universalhealthcoverageday.org/>



WHAT IS THE LINK BETWEEN UHC AND HIV?

UHC is about everyone being able to access the health services they need without suffering financial hardship.

The number of people living with HIV globally that do not know their status is still unacceptably high. Over 12 million people living with HIV still do not have access to treatment. Less than half of key populations are being reached with combination HIV prevention services in many countries. While many people living with HIV do not have to pay for their ARVs, they do have related expenses such as travelling to the clinic, paying for lab tests, hospital stays, loss of income, and buying supplements.

If UHC was a reality, it would mean that all people living with HIV and at risk of HIV, including people who use drugs, sex workers, LGBT people and adolescents, have access to high quality comprehensive prevention, treatment and care services without experiencing financial hardship.

" If universal health coverage is to be truly universal it must encompass everyone, especially those who have the most difficulty accessing health services, such as migrants, rural populations, people in prison, LGBT community, sex workers, drug users, poor people #Healthforall "

Dr Tedros Adhanom Ghebreyesus,
Director-General, WHO

WHAT CAN YOU DO TO MARK UHC DAY ON 12TH DECEMBER?

Below are ten things you can do. You don't need to do all ten. Have a look, be inspired and do the ones that would be most impactful in your context.

1 LEARN MORE ABOUT UHC

UHC aims to improve three key areas:

- Higher numbers of people accessing health services
- Removal or reduction of health fees and treatment costs
- An expanded range of services

For people living with HIV, that would mean higher numbers of people getting tested, getting support to stay HIV negative, or receiving treatment and getting support to stay undetectable - receiving the full range of HIV prevention treatment and care services without paying for them out of their own pocket.

There are several places you can learn more about UHC and what it means for HIV. Here are three documents to start with:

A Human Rights Perspective on UHC: Stories from Indonesia, Kenya, Southern and Eastern Africa, Ukraine and Vietnam. PITCH, 2019



Towards the Universal Health Coverage We Want: Inclusive, Person-Centred and Equitable. Enhancing Inclusion of Key and Vulnerable Populations in the UHC Agenda: An African Civil Society Call to Action. November 2012



Protect the gains, push for progress: How to advocate for effective inclusion and integration of HIV services in Universal Health Coverage, in the context of COVID-19, 2020



2 WATCH & SHARE A VIDEO



Here are three short videos to watch and share with your community:

WHO: Universal Health Coverage - What does it mean? (1.5 minutes)



WHO: Universal health coverage - the best investment for a safer, fairer and healthier world (2.5 minutes)



Universal Health Coverage: Right. Smart. Overdue. (2.5 minutes)



3 RAISE AWARENESS OF UHC DAY IN YOUR COMMUNITY



From 7th -12th December, share the UHC Day theme graphic on your social media channels:



This theme graphic is available in English, French, Spanish, Russian, Arabic and Chinese from:

<https://universalhealthcoverageday.org/>



On social media, remember to use the hashtags #ProtectEveryone, #UHCDay and #HealthForAll and the handles @UHC2030 @UHC_Day @gnpplus

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CREATE YOUR OWN PPE

Produce your own reusable, non-medical fabric face masks to promote the 'Protect Everyone' message, personalized with your own logo or message.

Three official UHC design options are available at:

<https://universalhealthcoverageday.org/promotional-products/>



If you create your own branded UHC Day materials, remember to take a picture and share on social media using the hashtags #UHCDay and #HealthForAll.



GUIDELINES ON FABRIC MASKS

The World Health Organization advises that non-medical fabric masks should comprise three layers:

- The inner layer that comes in contact with the face should be a hydrophilic (water-absorbent) fabric, like cotton
- The middle layer should be a hydrophobic (water-repellent) non-woven fabric, ideally polypropylene
- The exterior layer should be a hydrophobic (water-repellent) fabric, such as a synthetic material like polyester

Read [here](#) for detailed WHO mask guidelines. There may be different guidelines and/or restrictions in your country (e.g., see CDC guidelines) – please follow recommendations from your local authority on the production of non-medical fabric masks.



6

CALL FOR ACTION

From 7th December onwards, use your social media channels to call on your government and local and regional policymakers to prioritise UHC that is equitable, inclusive and based on human rights. Use these suggested posts or make your own:



No UHC without an end to HIV.
#LeaveNoOneBehind #UHCDay
#ProtectEveryone

The UHC we want: Community-led, rights-based and people-centered.
#LeaveNoOneBehind #UHCDay
#ProtectEveryone

Discrimination has no place in a health system. No matter your gender, race, religion, sexual orientation, age, ability or citizenship, #HealthForAll means *everyone* can get the health services they need, w/out discrimination or financial hardship. #LeaveNoOneBehind #UHCDay #ProtectEveryone

In the fight for #HealthForAll, we must put the needs of the poorest & most marginalized groups first, not last. #LeaveNoOneBehind #UHCDay #ProtectEveryone

#COVID19 has exacerbated existing health disparities that minority racial and ethnic groups face on a daily basis. #HealthForAll requires that marginalized communities have an equitable stake & equal representation in research, policy, and decision-making. #UHCDay #ProtectEveryone

#COVID19 is exacerbating injustice. We must prioritize the most marginalized in the pandemic response to build a more equitable future. #HealthForAll #ProtectEveryone #UHCDay

In 2020, every health system should be gender-responsive. We must meet the unique health needs of all genders to truly #LeaveNoOneBehind on the path to #HealthForAll. #UHCDay #ProtectEveryone

This #UHCDay, it's clearer than ever that leaders have a responsibility to:

- Listen to science
 - Address misinformation and alleviate fear
 - Act on evidence to meet the needs of all people
- #ProtectEveryone

5

ASK QUESTIONS ABOUT UHC

Every country in the world has committed to achieve Universal Health Coverage by 2030 as part of the Sustainable Development Goals (SDGs).

In 2019, this commitment was further strengthened with the

[Political Declaration of the High-Level Meeting on Universal Health Coverage](#)

setting out an ambitious agenda for the next 10 years.



What is your government doing to ensure universal access to quality essential health-care services?

How is your government responding to HIV - because there will be no UHC if we do not end AIDS as an epidemic?

Are safe, effective, quality and affordable essential medicines and vaccines available to everyone that needs them?

Ask your MP and government ministers about their position on UHC and what they are doing to ensure **#healthforall**.



7 DEMAND A SEAT AT THE TABLE



Your government has pledged to engage civil society in the development, implementation and evaluation of national health and social policy (UN Political Declaration on UHC 2019).

WHO recommends that national citizen consultations should be held as one of the first steps in the national health planning cycle. CSOs, NGOs, community leaders and community institutions from all sectors can all undertake or participate in citizen consultations.

Are civil society, and especially networks of people living with HIV, in your country engaged in the national process to scale up universal health coverage?

Has your community been invited to participate in citizen consultation?

Use the slogan **'Nothing about us without us: Put U(s) into UHC'** to call for meaningful engagement of communities at every stage of the design, implementation and monitoring of UHC.

8 PARTICIPATE IN THE VIRTUAL GLOBAL DEMO



On UHC Day there will be a 24-hour virtual rally, when advocates all around the world will amplify this year's call to action: *Protect Everyone*. During this time host a virtual event to raise awareness, call for action and hold your government to account.

There are lots of ways you can participate, as long as it is something visual:



Creating "rally posters" with advocacy messages



Make a short video about what health care should look like in your community



Make a virtual rally "sign" inspired by the Protect Everyone theme

MARCH FOR CHANGE!

Following local social distancing guidelines, hit the streets on 12th December in any way you can in the spirit of Health for All solidarity. Bring a face mask and take a short ~5 second video or selfie of yourself walking, running, or however you are able to be active. Post it on social media with a message on why you're moving to raise awareness of the need to **#ProtectEveryone**. If you do better with a goal, try getting in 2,030 steps (about 25-30 minutes of movement) in honor of world leaders' commitment to achieve Health for All by 2030.

Whatever you end up doing, take a picture or video and post it on social media using the **#ProtectEveryone** hashtag during the 12th December.

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WRITE AN ARTICLE ABOUT WHAT UHC WOULD MEAN TO YOU

To mark UHC Day, write a short article or blog for your community magazine, website, or local newspaper describing what UHC would mean for you and your community. Keep it short and simple.

Here are some examples for inspiration:



<https://www.gnpplus.net/i-am-ready-are-you/>

<https://www.pwn-usa.org/pwnspeaks-blog/what-long-term-survivors-day-means-to-me/>

<https://hivpolicyspeakup.wordpress.com/2012/11/08/what-does-a-good-health-care-worker-look-like-for-a-woman-living-with-hiv/>

10 SHARE YOUR PLANS & ACTIVITIES



Feel free to share your ideas and plans with everyone involved in the GNP+-led Positive Universe programme as you plan for UHC Day

Keep colleagues and friends at GNP+ in the loop on social media by using the handle @gnpplus

Let the UHC Day Campaign know what you are doing to mark UHC Day by using the form online at:

<https://universalhealthcoverageday.org/share-your-plans-2020/>

"We want a UHC that puts the last mile first – placing the needs of the poorest and most marginalised members of society at the front and centre of the health response, thus transforming 'leave no one behind' from rhetoric to reality!"

Jeff Acaba, Board Member, GNP+

