

U=U

Undetectable equals Untransmittable

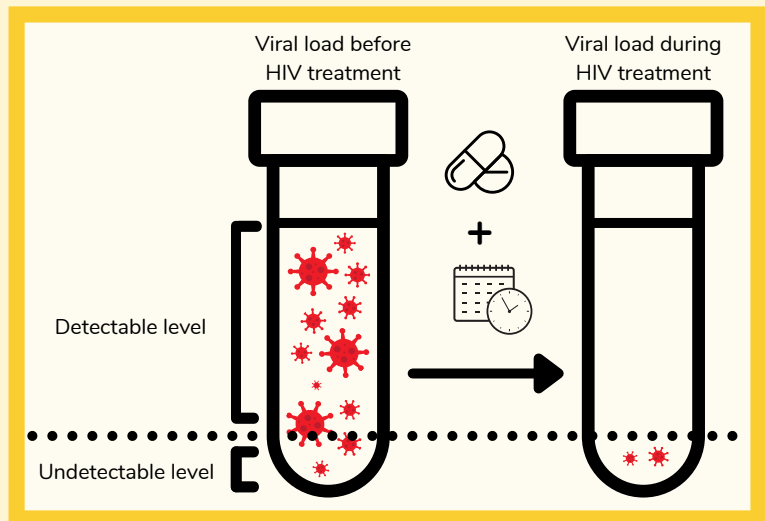
People living with HIV who are undetectable cannot pass HIV to their sex partners.

HOW IT WORKS

HIV treatment work to suppress the amount of HIV in a persons' body (viral load), to undetectable* levels.

Once a person gets and stays undetectable, there is no longer enough HIV for it to be transmitted through sex.

The [Centers for Disease Control and Prevention report](#) that being undetectable is 100% effective at preventing sexual HIV transmission with optimal adherence to HIV treatment.



*An undetectable viral load varies by test. Any viral load under 200 copies/ml is undetectable for preventing sexual HIV transmission.

THE EVIDENCE FOR U=U

Since modern HIV treatments became available, there are no confirmed reports of a person living with HIV with an undetectable viral load transmitting HIV to a sex partner.

Combined, the HPTN 052, PARTNER, PARTNER 2, and Opposites Attract studies followed over 4,000 sero-different couples (where one person has HIV and one doesn't) who had anal or vaginal sex more than 125,000 times without condoms or pre-exposure prophylaxis (PrEP).

Among all these studies, there were zero HIV transmissions from a person with an undetectable viral load to their HIV-negative sex partner.

U=U ONLY APPLIES TO HIV

Being undetectable does not help prevent pregnancy or help prevent sexually transmitted infections (STIs). Condoms can help prevent pregnancy and STIs.

PREVENT HIV TRANSMISSION

Get undetectable: It can take up to six months to become undetectable after starting HIV treatment. Your health care provider will do blood tests and let you know when you are undetectable.

Stay undetectable: In order to stay undetectable and untransmittable, just remember TLC:

TREATMENT



Take your HIV treatment daily as prescribed.

LABS



Monitor your viral load through regular blood tests.

CARE



Keep appointments with your HIV care provider.

U=U IS ONLY ABOUT SEX

U=U only applies to sex. This includes all types of sex – anal, vaginal, and oral.

U=U is not about injection drug use. There haven't been enough studies to show whether an undetectable viral load prevents HIV transmission from sharing syringes. If you are injecting drugs or other substances use a sterile syringe and equipment every time.

U=U is not about pregnancy or breastfeeding. Transmission from pregnant person to infant can almost always be prevented with proper medical care. Talk to your health care provider if you are pregnant or planning to become pregnant.

FOR MORE INFORMATION

Talk to your case manager or health care provider if you have questions, or learn more at:

- National Institutes of Health [10 Things to Know About HIV Suppression](#)
- Watch real people's stories about U=U on [Positive Series](#)
- The [Prevention Access Campaign](#) started the U=U campaign. They have [Frequently Asked Questions](#), an [Expert Consensus Statement](#), and other resources
- DC Health's Sex Positive [Undetectable = Untransmittable](#) education page