

# U=U

## HIV: Undetectable = Untransmittable



**People living with HIV who take antiretroviral medication as prescribed and achieve and maintain an undetectable viral load cannot transmit HIV to their sexual partners.**

Treatment with antiretroviral medication is recommended for all people living with HIV. This medication reduces the amount of HIV within the body and reduces the chance of transmission. That means healthier, longer lives.

Undetectable=Untransmittable, or U=U, is a powerful HIV prevention tool. It redefines living with HIV, reducing stigma and empowering people to live their lives to the fullest.

### U=U FACTS

- Undetectable means that a person living with HIV has such a small amount of virus in their blood it cannot be detected by a lab test.
- Achieving an undetectable viral load is only the start. Staying undetectable is key for long-term health and prevention benefits.

### THE SCIENCE

- U=U is based on studies that included more than 1,600 couples\* and reported no sexual transmission.
- So far, U=U has only been proven for sexual transmission. Other modes of transmission, like breastfeeding or injection-drug use, have not been fully studied.

### OTHER PREVENTION FACTS

- People who are HIV negative can take pre-exposure prophylaxis (PrEP) to prevent acquiring HIV.
- Condoms are still important for protecting against sexually transmitted infections and unintended pregnancy.

### HERE FOR U

**FloridaAIDS.org** for assistance with medication, housing, and more.

**KnowYourHIVStatus.com** for info on HIV testing and healthy living.

### Florida HIV/AIDS Hotline

- 1-800-FLA-AIDS English
- 1-800-545-SIDA Spanish
- 1-800-AIDS-101 Haitian Creole
- 1-888-503-7118 Hearing/Speech Impaired

### #ScienceNotStigma

\*A clinical trial included additional participants but also studied other treatment factors. For more information on the science behind U=U, see the Centers for Disease Control and Prevention's "Evidence of HIV Treatment and Viral Suppression in Preventing the Sexual Transmission of HIV" factsheet at [cdc.gov/hiv/pdf/risk/art/cdc-hiv-art-viral-suppression.pdf](https://www.cdc.gov/hiv/pdf/risk/art/cdc-hiv-art-viral-suppression.pdf).

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