



THINGS TO
KNOW ABOUT

U=U

Photography by Julie Mwebbe

WHAT DOES U=U MEAN?



U=U stands for **U**ndetectable = **U**ntransmittable

It means that people living with HIV who take their medications daily and have low levels of HIV in their blood* cannot pass HIV to their partners through sex.

WHY IS U=U IMPORTANT?



U=U is a campaign that encourages people living with HIV to take their HIV medicine daily so they can be healthy, live longer, and prevent the sexual transmission of HIV.



HOW DO I STOP THE SEXUAL TRANSMISSION OF HIV TO MY PARTNER?

- Take your HIV medicine daily to lower the level of HIV in your blood.
- After 6 months of taking your HIV medicine, visit your health care worker to test the level of HIV in your blood.
- If your health care worker says your HIV is undetectable, continue to take your HIV medicine daily and have your viral load tested again to confirm that your HIV level is still undetectable.
- See your health care worker on a regular basis to make sure you keep an undetectable level of HIV in your blood.

* Research shows that a person living with HIV who has a viral load less than 200 copies of HIV per milliliter of blood, cannot pass HIV to others through sex.

WHAT ELSE DO I NEED TO KNOW ABOUT U=U?



Taking your medicine and having a low level of HIV in your blood prevents passing HIV through sex. It does not prevent you from passing HIV through sharing needles. It also does not prevent pregnancy and will not stop you or your partner from getting a sexually transmitted infection.

Consider these other prevention options:

- Use condoms correctly and every time you have sex if you want to prevent STIs and pregnancy.
- Get tested and treated for STIs.
- Talk to your HIV-negative partner about the levels of HIV in your blood and how taking your medicine and keeping your levels low can protect both of you.
- Before the levels of HIV in your blood are low enough that you won't pass HIV through sex, talk to your HIV-negative partner about daily medicine they can take to prevent HIV called pre-exposure prophylaxis (PrEP).
- If you inject drugs, do not share your needles or other equipment with your HIV-negative partner.

WHERE CAN I FIND MORE INFORMATION ABOUT U=U?



Prevention Access Campaign Website: <https://www.preventionaccess.org/>

Prevention Access Campaign Facebook: <https://www.facebook.com/PreventionAC/>