

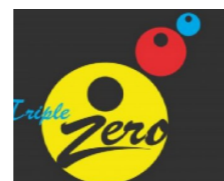


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**UNDETECTABLE
=
UNTRANSMITTABLE**

Undetectable = Untransmittable Facts sheet

U=U What does it mean?

Undetectable = Untransmittable or U=U is the scientific finding that people who are durably suppressed do not transmit HIV through sex.

Why is U=U Important?

- U=U enhances stable relationship among discordant sexual partners
- Reduces the level of stigma to PLHIV
- Improves the quality of life of PLHIV
- Gives hope to the negative partner in a discordant relationship on remaining negative after sexual encounters
- Improves the quality of life of PLHIV
- Normalizes spousal and partner sexual relationship.

Scientific Evidence

The HPTN 052, PARTNER, PARTNER 2, and Opposites Attract studies followed thousands of male and heterosexual HIV-sero-different couples.

There were no genetically linked HIV transmissions when the partner with HIV was taking ART and was virally suppressed (HIV RNA <50 copies/mL).

These studies provide robust evidence that individuals do not sexually transmit HIV if they are virally suppressed or have an undetectable viral load.

Does U=U work for everyone?

Yes. The Partner studies collected information about the numbers of times people had oral, vaginal or anal sex. It also asked whether the negative partner was active or passive and whether there was ejaculation. Partner reported zero sexual transmissions for all situations.

Does U=U work with all HIV drugs?

Yes. Any ART that makes viral load undetectable will mean U=U.



What about U=U with

Virology “Blips”?

Patients on previously suppressive ART with newly detectable viral loads may be experiencing low-level transient viremia (“blips”) and not virologic failure. Virologic blips likely occurred in individuals’ participating in HPTN 052, PARTNER, PARTNER 2, and Opposites Attract; still, there was no transmission from people whose measured HIV viral load was consistently suppressed.

HIV RNA in Genital Secretions?

There is no evidence that detectable virus in genital secretions while plasma viral load is undetectable is associated with transmission.

Breastfeeding?

Studies demonstrate that ART greatly reduces the risk of HIV transmission from individuals who breastfeed their babies. However, research has not established that people whose HIV is undetectable do not transmit HIV during breastfeeding.

Injection Drug Use?

Studies demonstrate that ART greatly reduces the risk of HIV transmission through sharing of injection drug use equipment. However, research has not established that people with an undetectable HIV viral load do not transmit HIV through needle sharing.

Needle Stick Injuries?

Research has not established that people with an undetectable HIV viral load do not transmit HIV to people who are stuck by a needle containing their blood. HIV PEP may be indicated.

Combination Prevention

