

**WHAT YOU NEED TO KNOW ABOUT**

**Undetectable = Untransmittable**

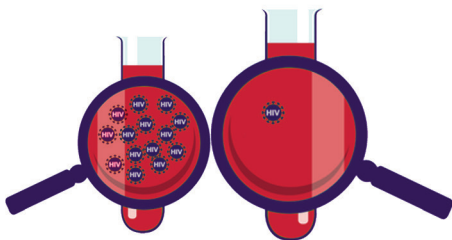
**U=U**



# U=U

**“Undetectable”** is when the amount of HIV in someone’s blood is so low it cannot be measured by a standard blood test.

When someone is **“undetectable,”** their HIV is **“untransmittable.”** This means they cannot pass HIV on to their sexual partners.



*Detectable (High) Viral load*

*Undetectable Viral load*

To get to **“undetectable”** a person living with HIV should:



Take their HIV medications every day as prescribed.



Follow their health care provider’s advice to stay healthy.



After six months, get an HIV viral load test to track their “undetectable” status.

# So, what does this mean for you?

If you're living with HIV, adhere to your HIV treatment plan.

You can only get to "undetectable" if you take your HIV medications every day and follow your health care provider's advice.

After six months, get a viral load test to see if your HIV is "undetectable" and "untransmittable."

Remember, to stay U=U you need to keep taking your HIV medications.



**If you don't know your HIV status, get an HIV test today. If you discover you are living with HIV, there is HIV treatment to help you get to U=U.**



Even when you get to U=U, you still need to use a condom to prevent other sexually transmitted infections.

# U=U

## Undetectable = Untransmittable

Talk to your health care provider  
for more information about U=U.

