

# Undetectable Equals Untransmittable

## TIPS ON HOW TO COMMUNICATE U=U

The fact that people living with HIV on effective treatment do not sexually transmit the virus is known as U=U. This information can transform lives when communicated properly. It's important to be precise and empowering.

### U=U BELONGS TO EVERYONE

U=U is based on the science of treatment as prevention (TasP). In 2016, Julio Montaner, MD, the pioneer of TasP, was one of the first endorsers of U=U. More than 800 organizations from nearly 100 countries, including dozens of U.S. public health departments, now use the phrase.

### MAKE IT A PRIORITY

As you create statements, videos, speeches and newsletters, put U=U up front so it has the best chance of being heard. U=U applies to many areas, including HIV stigma, sexual and reproductive health, HIV prevention, HIV criminalization and access to treatment and services.

### THE BASICS ARE EASY

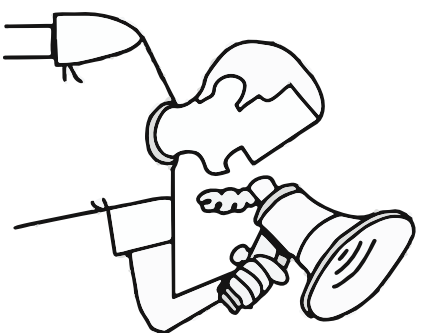
Focus on adherence, regular viral load testing and engagement in care. The basic rules are not complex. It's about TLC. Treatment: stay on treatment as prescribed. Labs: get labs done regularly. Connection: stay connected to care.

Other items to keep in mind: The viral threshold for U=U is under 200 copies per milliliter, synonymous with viral suppression. U=U only prevents HIV. Condoms help prevent other sexually transmitted infections and pregnancy. U=U applies only to sexual transmission, not to breast feeding or needle sharing. U=U may not exempt people from HIV disclosure laws.

### BE CLEAR AND CONSISTENT

Use strong phrases such as "can't pass it on," "cannot transmit," "no risk" and "effectively no risk." These are in effect the same risk assessment. You can also say "zero risk." Avoid phrases that convey even slight risk, like "nearly impossible," "extremely low" or "makes it hard to transmit." Any perceived window, no matter how slight, may still be considered a risk.

Go to  
[PreventionAccess.org](http://PreventionAccess.org)  
and  
[POZ.com/Undetectable](http://POZ.com/Undetectable)  
for more  
information.



## A HEALTHIER LIFE CAN START WITH HIV TREATMENT.

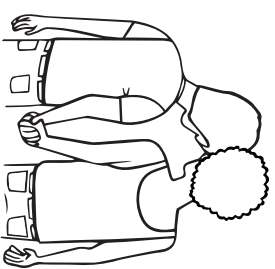
Starting HIV treatment as soon as possible helps stop the damage HIV causes to your body. Plus, doctors and scientists have found that it can help reduce the risk of some infections, certain cancers, and even AIDS.

## TREATMENT HELPS PREVENT THE SPREAD OF HIV.

Starting and sticking to HIV treatment can lower the amount of virus in the body so much, it can't be measured by a test. It's called being undetectable.

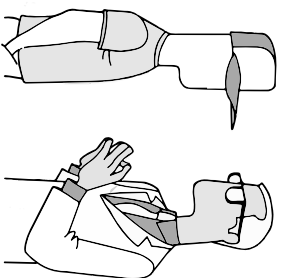
**According to current research, *sticking to daily treatment and staying undetectable* means there's basically no risk of spreading HIV through sex.**

HIV is still in the body, and being undetectable doesn't prevent other STIs. So use condoms and practice safer sex.



## TALK TO YOUR HEALTHCARE PROVIDER.

Have an open conversation. There's no cure for HIV, but when you work together it helps your healthcare provider find the treatment that's right for you.



### Watch HIV: "Treat 2 Prevent"

See how staying on treatment can help protect you and the people you care about.

[YouTube.com/HelpStopTheVirus](https://www.youtube.com/HelpStopTheVirus)

# STOPPING THE VIRUS CAN START WITH YOU.

Here are two resources that can help.

## STOP THE VIRUS.

Watch videos, share information, and see how we can all help stop the virus.

[HelpStopTheVirus.com](https://www.HelpStopTheVirus.com)

[YouTube.com/HelpStopTheVirus](https://www.YouTube.com/HelpStopTheVirus)

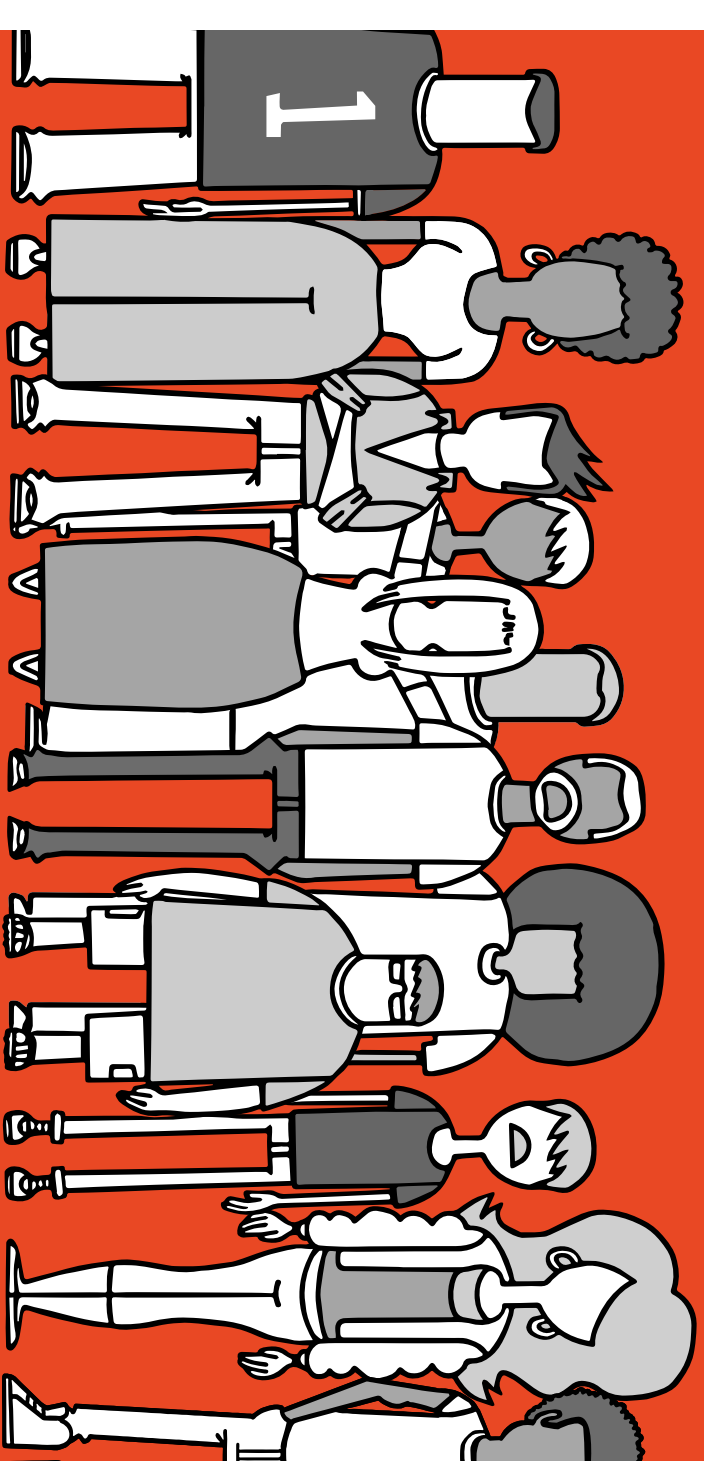
[HelpStopTheVirus.Tumblr.com](https://www.HelpStopTheVirus.Tumblr.com)



Get the answers you need, privately, on your phone.

[HIVanswers.com/app](https://www.HIVanswers.com/app)

# START HIV TREATMENT. HELP PROTECT YOUR HEALTH.



There is no cure for HIV, but find out how treatment helps make it possible to live a healthier life.

See  
Inside



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