

$$U = U$$

UNDETECTABLE = UNTRANSMITTABLE

A RESOURCE FOR HEALTHCARE PROVIDERS TO DISCUSS WITH THEIR PATIENTS

If someone has HIV, takes medications as prescribed, and maintains an undetectable viral load, the risk of passing HIV onto a sex partner is negligible, or insignificant.

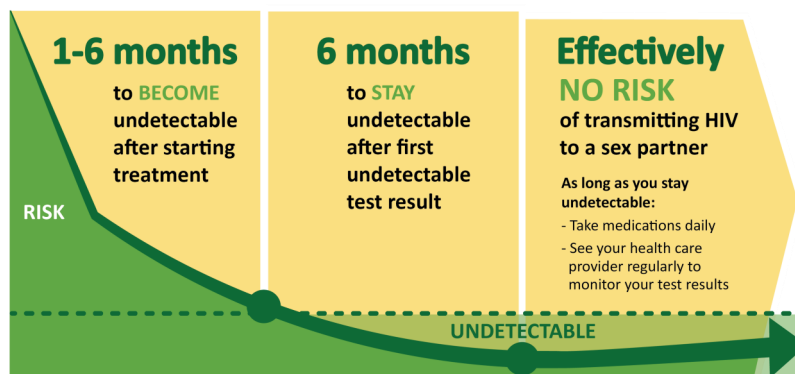
Two large studies showed that not a single HIV transmission occurred between mixed HIV status sexual partners when the person living with HIV was on treatment and had an undetectable viral load.

If you are virally suppressed or have an undetectable viral load, your HIV is under control. Getting and keeping your HIV under control is the best thing someone living with HIV can do to stay healthy.

This does not prevent the transmission of other sexually transmitted infections (STIs), which could increase the risk of HIV transmission. If someone has multiple partners, they should consider using condoms to prevent other STIs.

There is a legal risk, as Canadian law still requires that HIV positive people disclose their status to their partners.

The path to an undetectable viral load:



Adapted from the Minnesota Department of Health

Regular medical appointments are necessary to monitor viral load. Viral load testing is recommended every 3 to 6 months. Also consider testing for STIs.

There is not enough research to support how U = U impacts transmission through injection drug use. Other harm reduction strategies should be used.

For more information, visit www.skshiv.ca.