



Saskatchewan  
Health Authority

# U = U

Undetectable = Untransmittable

People with HIV who take medicine as prescribed and get and keep an undetectable viral load have effectively no risk of transmitting HIV to their HIV-negative sexual partners.

## ***IF YOU ARE INTERESTED IN U=U AS A PREVENTION PLAN:***

1. Talk to your partner. There is still a legal risk if you do not disclose your HIV status to your partner.
2. Take your prescribed HIV medications daily.
3. See your HIV care provider and have your blood tested regularly to monitor your viral load. Condoms should still be used to prevent other STIs and pregnancy.
4. Continue to take your medications every day and see your HIV care team for routine blood work every 3 to 6 months.