

**SAN FRANCISCO**

**Undetectable = Untransmittable**

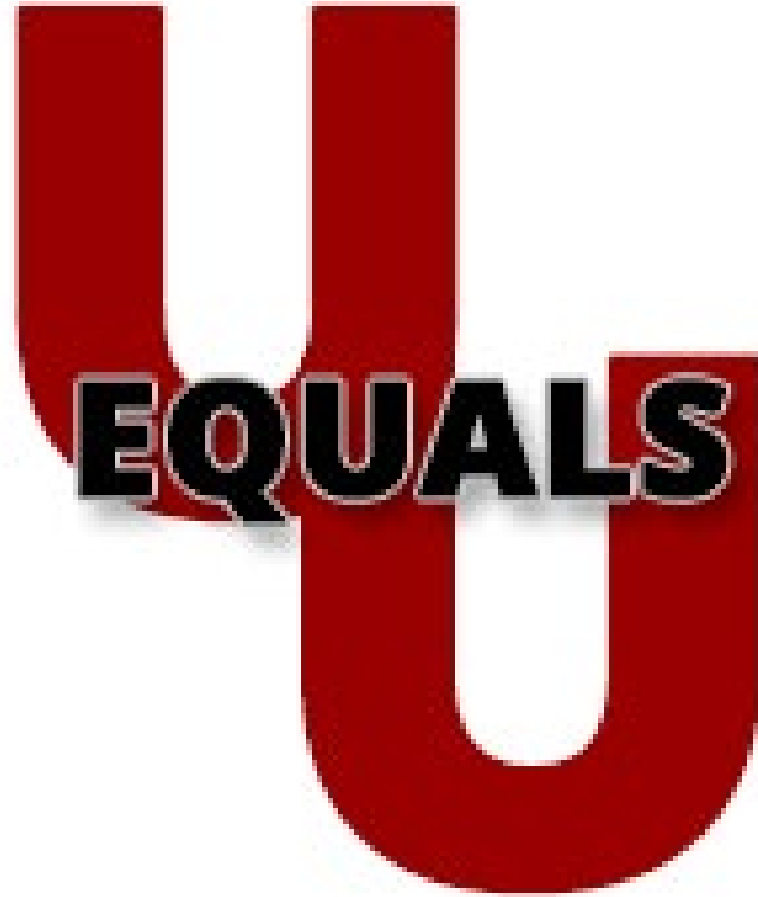
*Did you know?*

700 organizations from nearly  
100 countries have signed the  
U=U Consensus Statement.



**End HIV Stigma**  
**Spread the Message**  
**#UequalsUSF**

U=U  
CAMPAIGN



Did you know?



**People living with HIV (PLWH),  
who are taking effective  
treatment, cannot pass on HIV  
through sex**



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**INDETECTABLE  
=  
INTRASMISIBLE**

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**#UequalsU  
#QueNoTeEngañen**

[preventionaccess.org](http://preventionaccess.org)  
[apoyopositivo.org](http://apoyopositivo.org)

**NIET DETECTEERBAAR  
BETEKENT  
NIET OVERDRAAGBAAR**

**n=n**

**UNDETECTABLE  
MEANS  
UNINFECTIOUS**



*Did you know?*



**Risk of HIV transmission is  
effectively zero when an  
HIV positive partner is  
virally suppressed**

UNDETECTABLE



## ***HAGAMOS LAS CUENTAS***



**Una persona VIH**



**con carga viral**

**Indetectable**

**es**



**a**

**Intransmisible**

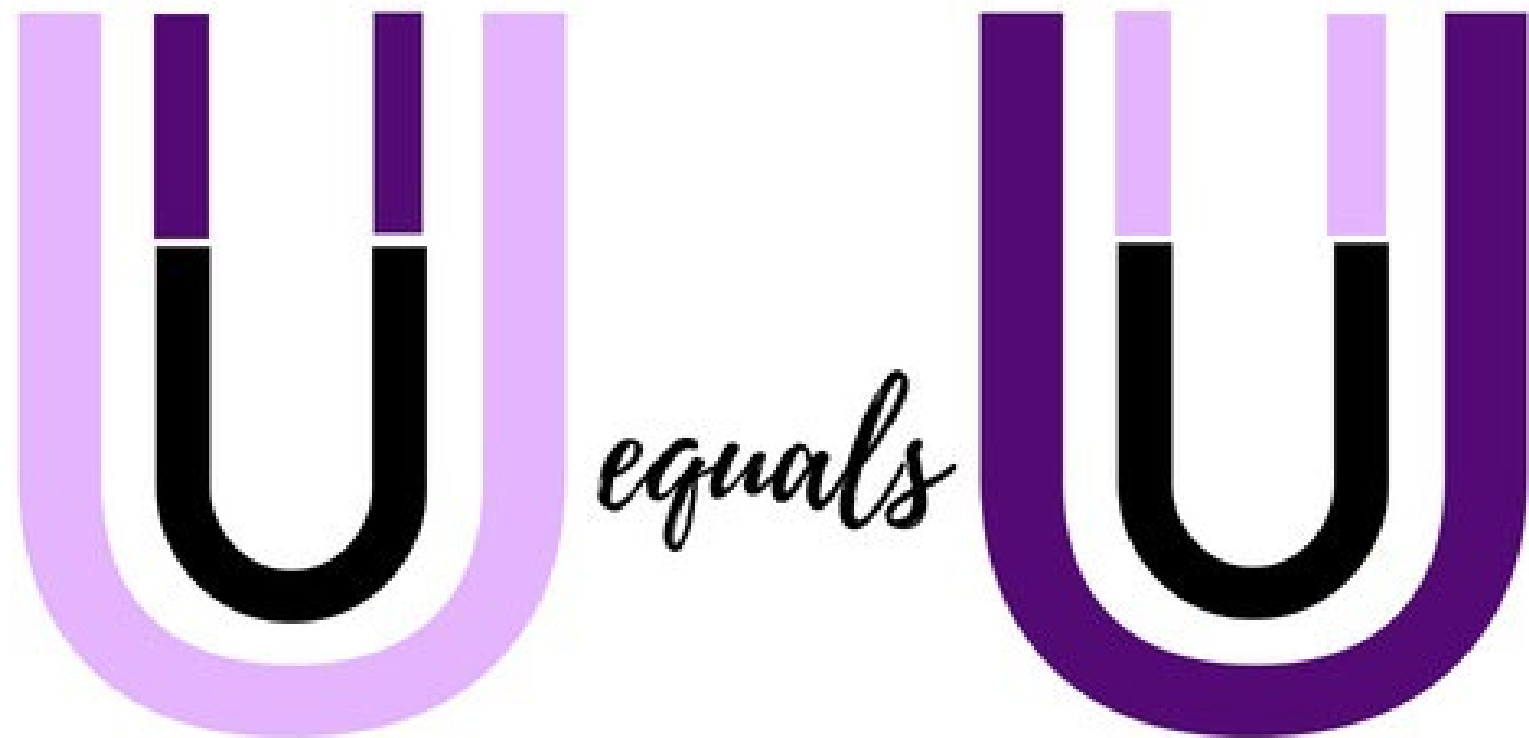


*Did you know?*



**If you are on suppressive  
antiretroviral therapy (ART),  
you are sexually noninfectious.  
The risk is zero.**





**SAN FRANCISCO**

**Undetectable = Untransmittable**



**IT STARTS WITH ME.  
I WON'T PASS ON HIV.**

I know that someone doing well on HIV medication can't pass it on. If everybody does their bit we can stop HIV.

*Paída*

**terrence HIGGINS TRUST**

**IT STARTS WITH ME**

Get tested. Stay protected. Find out how at:  
[StartsWithMe.org.uk](https://StartsWithMe.org.uk)

Produced by Terrence Higgins Trust for HIV PREVENTION ENGLAND. Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 258527) and in Scotland (SC050906). Company reg. no. 1775149.

**IT'S A FACT:**  
**Undetectable =  
Untransmittable**

**People living with HIV,  
who are taking effective treatment,  
cannot pass on HIV through sex.**

 **Planned  
Parenthood®**

**End HIV Stigma**  
**Spread the Message**  
**#UequalsUSF**

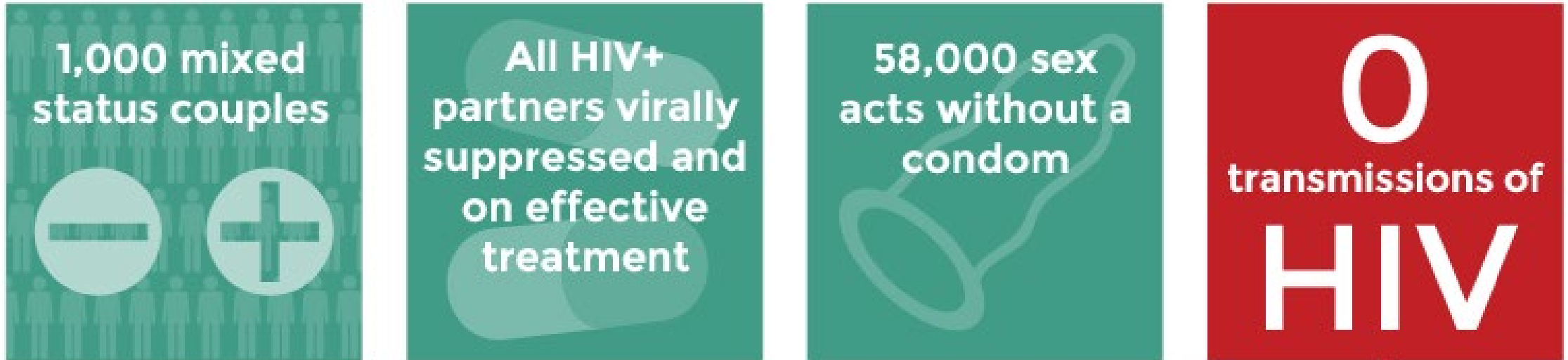


*Did you know?*

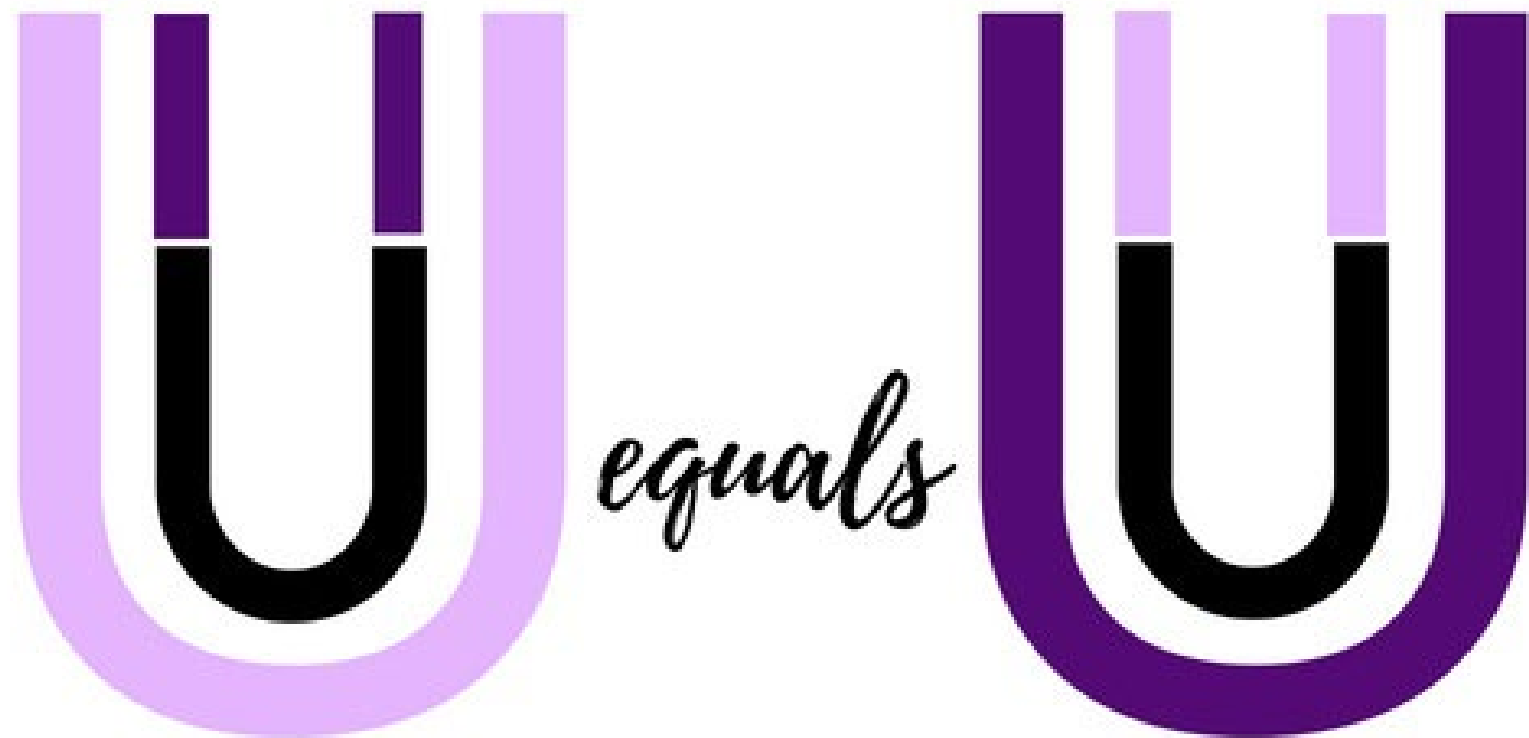


**Viral suppression is  
defined as HIV RNA of  
<200 copies/ml**

## The PARTNER study (2016)



Viral suppression from ART prevents HIV transmission



**SAN FRANCISCO**

**Undetectable = Untransmittable**



**INDETECTABLE=INTRANSMISIBLE:**  
**Infundir Esperanza y Eliminar el Estigma**

*Did you know?*



**PLWH** have reported that the **U=U** message has dramatically increase their sense of hope and impacted their **quality of life**.

**UNDETECTABLE = UNTRANSMITTABLE**  
**НЕДЕТЕКТАБИЛНО = НЕПРЕНОСЛИВО**

Луѓето што живеат со ХИВ и имаат  
недетектабилно вирусно оптоварување  
**не пренесуваат ХИВ**  
при сексуален однос.



Здружение за поддршка на луѓето живеат со ХИВ -  
ЗАЕДНО ПОСИЛНИ Скопје

**End HIV Stigma**  
**Spread the Message**  
**#UequalsUSF**





# YOU are the solution

Taking HIV medication daily  
suppresses the virus and means  
you can't pass it to others.

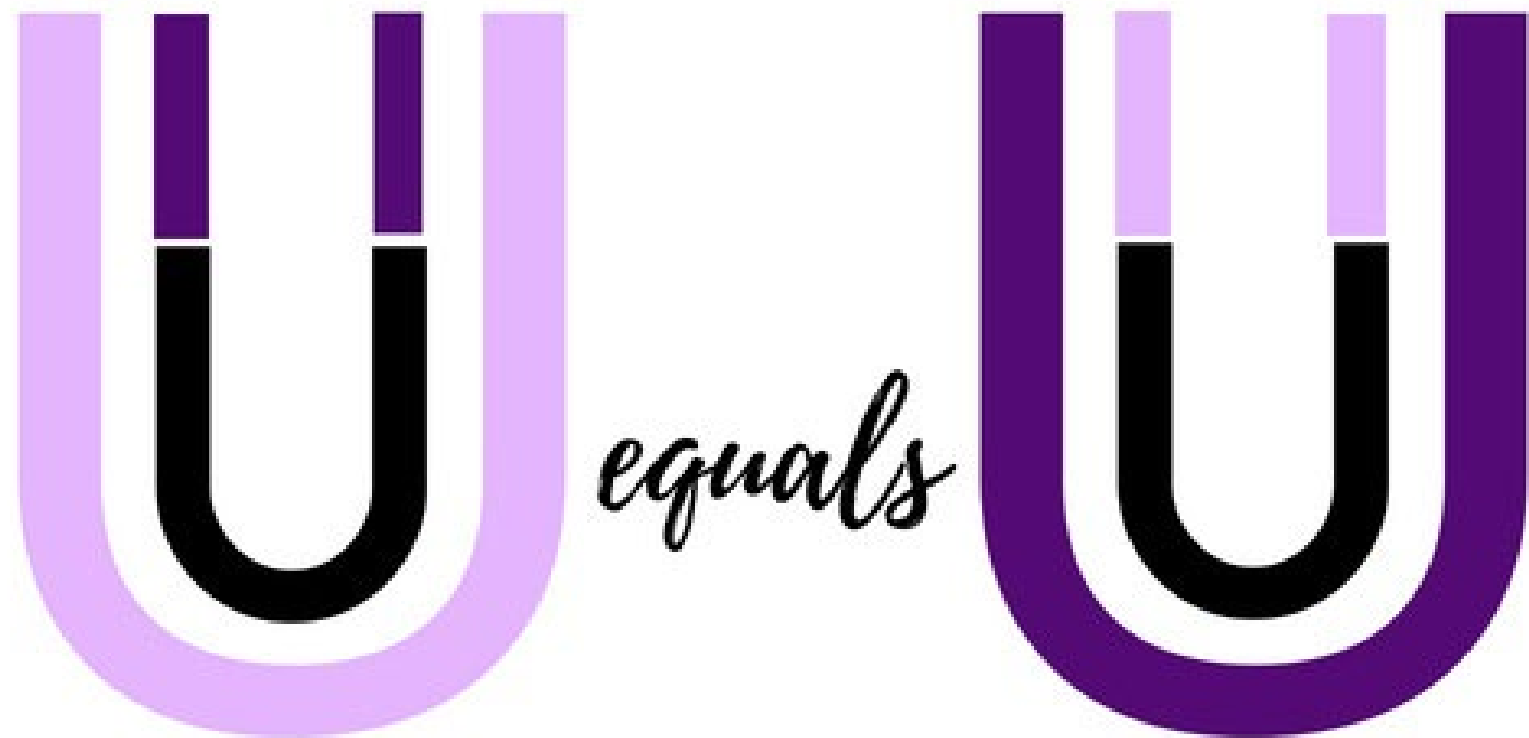
#UequalsU  
[DCTakesonHIV.com](http://DCTakesonHIV.com)





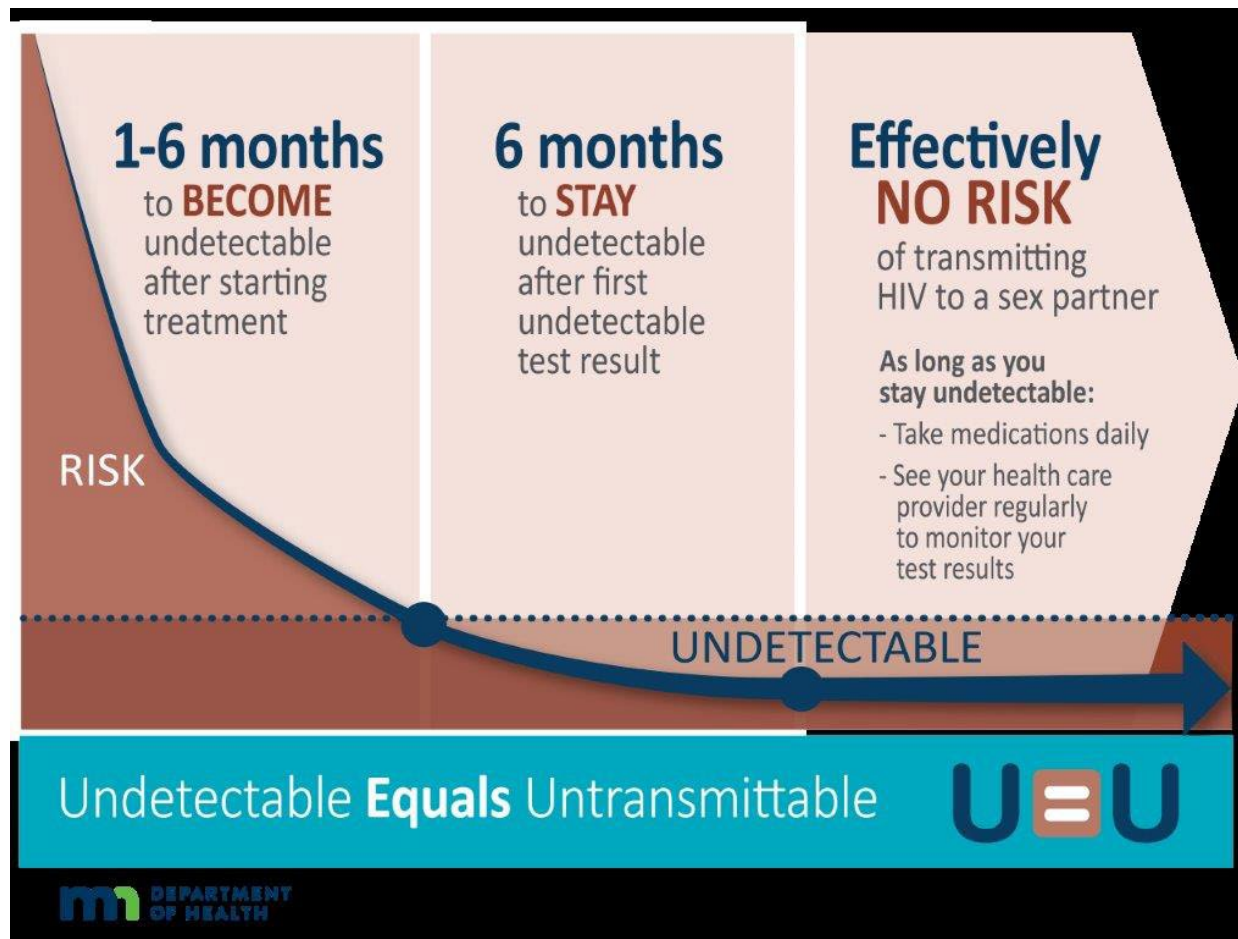
*Did you know?*

**U=U** has been endorsed  
by GTZ SF and SFDPH.



**SAN FRANCISCO**

**Undetectable = Untransmittable**





**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



**#UequalsUSF**



Spread the message  
End HIV Stigma

niet detecteerbaar

**n = n**

niet overdraagbaar

*Did you know?*

**PLWH should be on  
antiretroviral therapy  
at least 6 months before  
relying on U=U**



**K = K**

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**KHÔNG PHÁT HIỆN  
=  
KHÔNG LÂY TRUYỀN**

*"Bằng chứng khoa học là rõ ràng. Một người có tải lượng virus không phát hiện được trong máu của họ không có nguy cơ lây nhiễm cho bạn tình của họ."*

- Bản tuyên bố của NAM  
aidsmap (Tháng Hai năm 2017)



**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



**#UequalsUSF**



Spread the message  
End HIV Stigma





*Did you know?*



**PLWH should see their  
provider at least every 3-  
6 months to check their  
viral load**

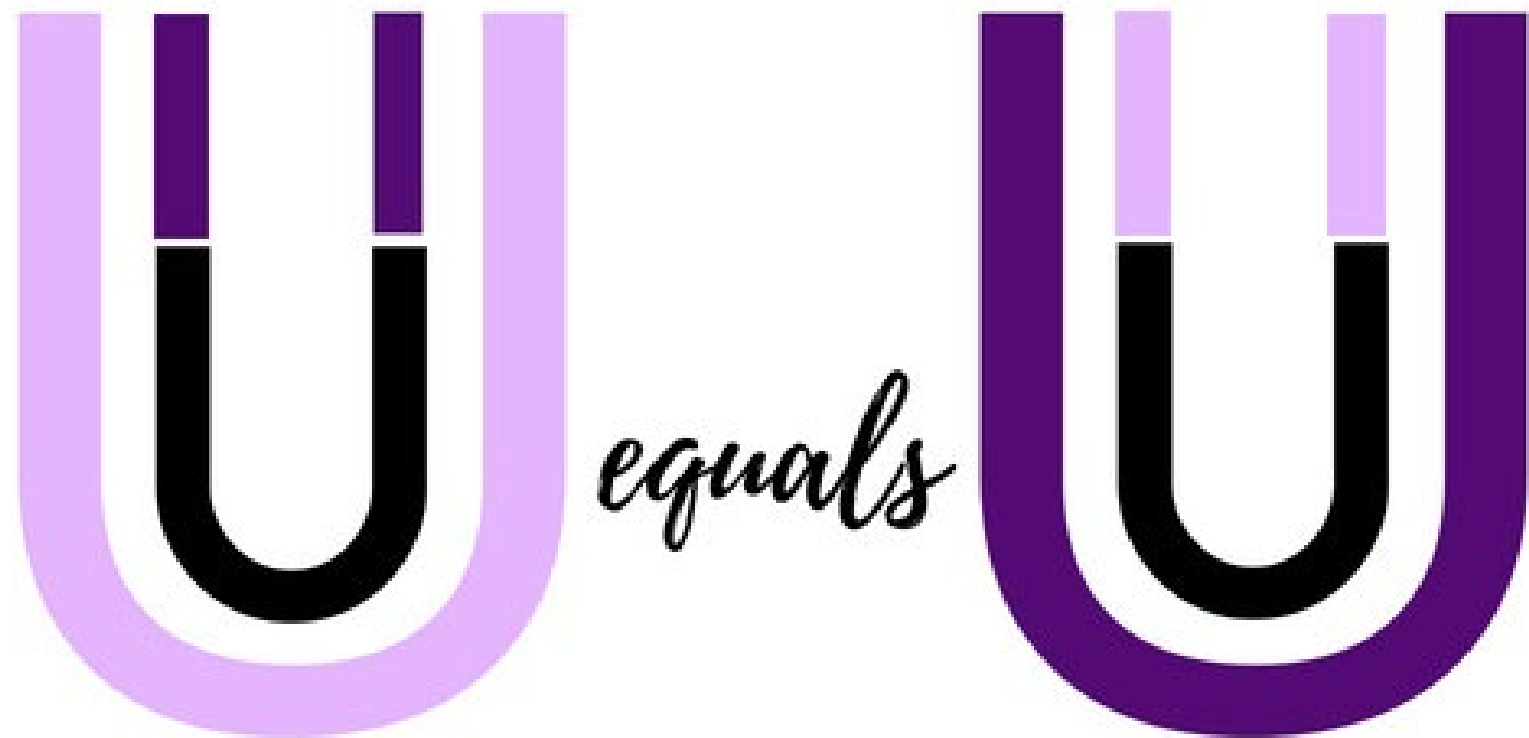
# U = U

Undetectable = Untransmittable  
non rilevabile = non trasmissibile



## #UequalsU

Le evidenze scientifiche ormai sono incontrovertibili: le persone con l'HIV che seguono correttamente una terapia antiretrovirale e che abbiano una carica virale non rilevabile da almeno sei mesi, non trasmettono il virus ai loro partner o alle loro partner.



**SAN FRANCISCO**

**Undetectable = Untransmittable**






**Se o preconceito é uma doença, a informação é a cura.**

**I = I**

**Indetectável = Intransmissível**

**Cientistas declaram: pessoas que vivem com HIV, estão em tratamento regular e têm carga viral indetectável há mais de 6 meses não transmitem o vírus sexualmente.**

Para maiores informações acesse o site: [giv.org.br](http://giv.org.br)

A photograph of a woman with reddish-brown hair and glasses, and a man with short grey hair and a beard, both smiling and looking at each other. The woman is on the left, wearing a white top and a black choker. The man is on the right, wearing a dark tank top. The background is slightly blurred, showing what appears to be a kitchen or a similar indoor setting.

**“When I started  
HIV medication,  
for me it was  
about longevity  
of life, as well  
as knowing  
I can’t pass it on  
- knowing both is brilliant.”**  
*Samantha, with her friend Par*

**CAN'T  
PASS  
IT ON**

*Did you know?*



**In major studies, no HIV  
transmissions occurred  
in spite of people  
getting STIs**



# U=U

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***Undetectable = Untransmittable***

*“A person living with HIV, who is on effective treatment and has an undetectable viral load, **WILL NOT** transmit HIV to their sexual partners”*

**SAVING  
LIVES**  

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**UK.COM**





**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



**#UequalsUSF**



Spread the message  
End HIV Stigma

## San Francisco AIDS Foundation supports

**U=U**

Undetectable=Untransmittable!  
#UequalsU

The science is clear:  
People living with HIV, who  
are on effective treatment,  
do not transmit HIV to  
sexual partners.

*Did you know?*



**We recommend clean  
injection equipment for  
people who inject drugs**

PASSING **HIV** CAN BE A THING OF THE PAST



Codman Square  
Health Center



**U = U**

UNDETECTABLE

UNTRANSMITTABLE

A person taking HIV medication daily  
**cannot pass the virus.**

FOR MORE INFORMATION, PLEASE VISIT [CODMAN.ORG/UEQUALSU](http://CODMAN.ORG/UEQUALSU)

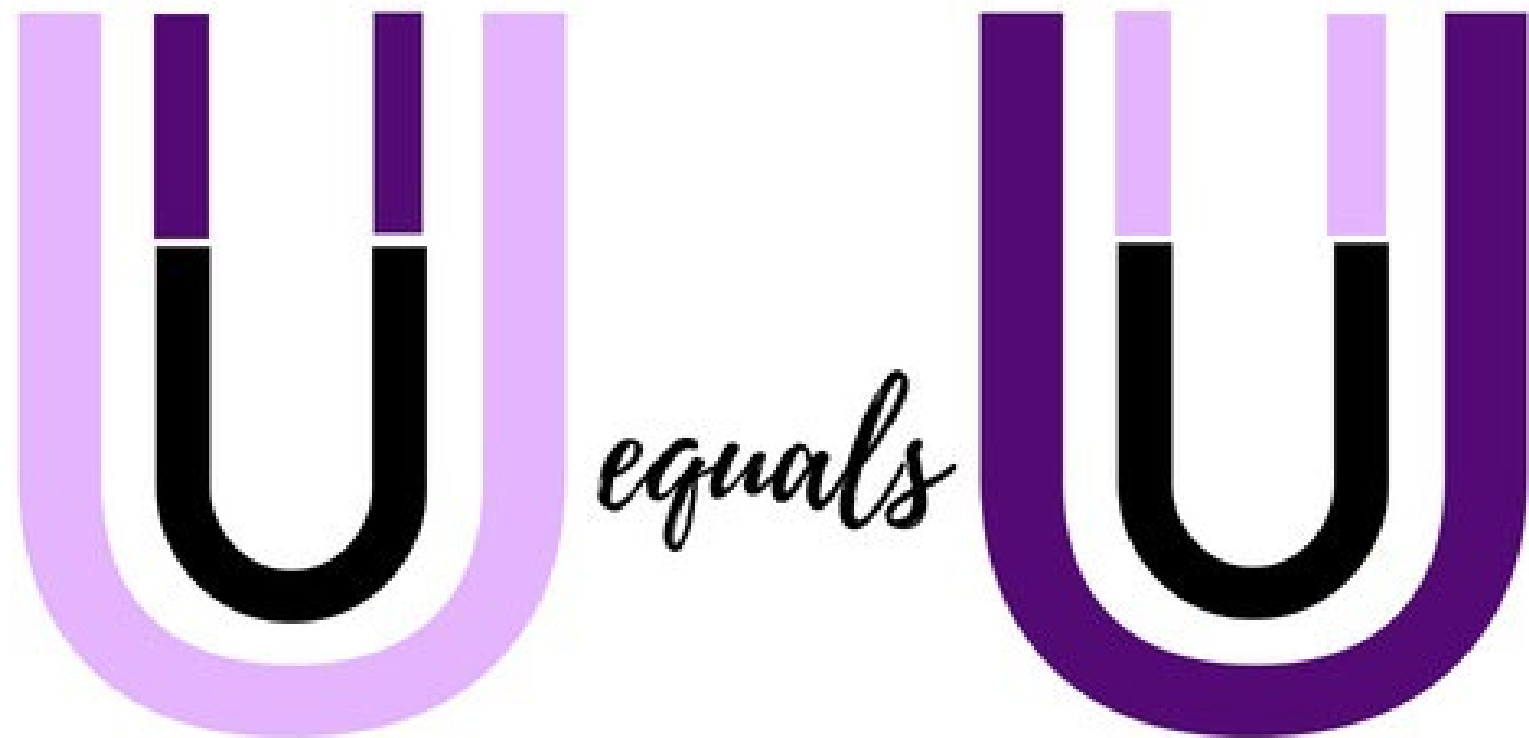


I = I

Indetectável  
=  
Intransmissível

Pessoas com HIV que têm  
carga viral indetectável há mais de  
seis meses não transmitem o vírus.


Antes nos escondíamos para morrer, hoje nos mostramos para viver.



**SAN FRANCISCO**

**Undetectable = Untransmittable**





*Karim,  
prof de danse*

*Les séropositifs sous traitement  
ont beaucoup de choses  
à nous transmettre.  
Mais pas le virus du sida.*



[aides.org](http://aides.org)

*Did you know?*



**U=U dismantles HIV  
stigma on the  
community, clinical, and  
personal level.**





Mission:

**#undetactable**

**HIV-positiv. Nicht ansteckend.**

**IT'S A FACT:**

**Undetectable =  
Untransmittable**

**People living with HIV,  
who are taking effective treatment,  
cannot pass on HIV through sex.**

---

 **Planned  
Parenthood®**



**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



**#UequalsUSF**



Spread the message  
End HIV Stigma

**U=U**  
#LIETEPProject



UNDETECTABLE = UNTRANSMITTABLE

**PRIDE** for  
**YOUTH**

creating **success** through pride  
A Division of Long Island Crisis Center

**LIVING WITH HIV?**

Taking HIV medication daily suppresses the virus and means you can't pass it to others

Need help getting effective treatment for HIV? Pride for Youth can help! Call us today at (516) 679-9000 to get connected.

Visit us at [www.longislandcrisiscenter.org/prideforyouth/undetectableuntransmittable](http://www.longislandcrisiscenter.org/prideforyouth/undetectableuntransmittable)

*Did you know?*



**700 organizations from  
nearly 100 countries have  
signed the U=U Consensus  
Statement.**



# U=U

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**UNDETECTABLE  
=  
UNTRANSMITTABLE**

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A PERSON LIVING WITH HIV  
WHO HAS AN UNDETECTABLE  
VIRAL LOAD DOES NOT  
TRANSMIT THE VIRUS TO THEIR  
PARTNERS.

The International AIDS Society is proud to endorse the U=U consensus statement of the Prevention Access Campaign.

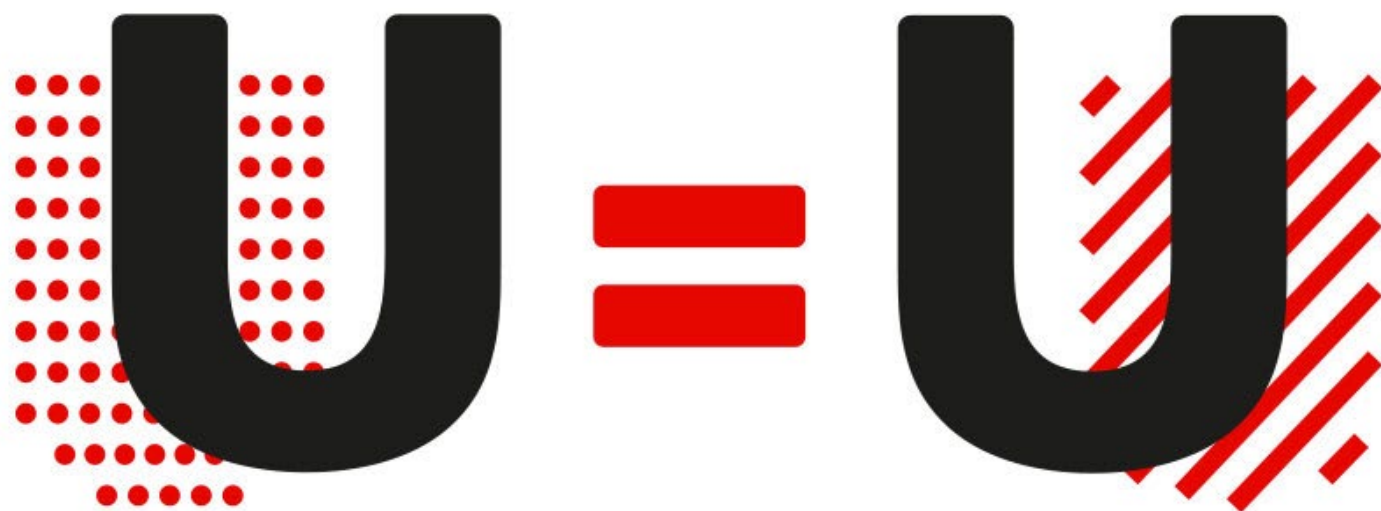
**End HIV Stigma**  
**Spread the Message**  
**#UequalsUSF**

A photograph of a young couple posing outdoors. The woman, on the left, has dark, wavy hair and is wearing a pink lace top. The man, on the right, is smiling and wearing a black shirt. They are standing in front of a white brick wall with green ivy growing on it. In the top right corner, there is a logo consisting of the text 'U=U' in a large, bold, purple font, with the hashtag '#LIETEDProject' in a smaller, black font directly below it. At the bottom of the image, there is a dark purple horizontal band containing the text 'UNDETECTABLE = UNTRANSMITTABLE' in white, all-caps, sans-serif font.

**U=U**  
#LIETEDProject

UNDETECTABLE = UNTRANSMITTABLE





**#LOVE POSITIVE**

*Did you know?*



**PLWH should be on  
antiretroviral therapy  
at least 6 months before  
relying on U=U**



Translation: "HIV-positive people on treatment have a lot to share; they can't share the HIV virus."

# UNDETECTABLE = UNTRANSMITTABLE

## Undeniable. Unifying.



We must embrace U=U to eliminate the stigma associated with treating people living with HIV as 'vectors of disease.' Promoting the U=U message in clinical and community settings will also generate treatment demand and contribute to achieving HIV epidemic control.

— José M. Zuniga, PhD, MPH  
IAPAC President/CEO



[www.IAPAC.org](http://www.IAPAC.org)

*Did you know?*



**Risk of HIV transmission is  
effectively zero when an  
HIV positive partner is  
virally suppressed**





**I CAN'T  
PASS ON HIV.**

People on effective HIV  
treatment cannot pass  
on the virus.

IT  
STARTS  
WITH  
ME

terrence  
higgins  
TRUST

Get the facts  
**StartsWithMe.org.uk**



Produced by Terrence Higgins Trust for MY PREVENTION ENGLAND.  
Terrence Higgins Trust is a registered charity in England and Wales, no. 266527 and in Scotland (SC219000). Registered office: 100, Tottenham Court Road, London, W1P 0LP.

Photography by SIMONE KNIGHT



**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



**#UequalsUSF**



Spread the message  
End HIV Stigma



*David,  
instructeur parachutiste*

*Les séropositifs sous traitement  
ont beaucoup de choses  
à nous transmettre.  
Mais pas le virus du sida.*

 **AIDES**  
Membre de la Coalition  
Internationale Sida   
[aides.org](http://aides.org)



**“HIV doesn’t need to be this  
massive elephant in the room  
- you can just say  
‘I’m uninfected  
and I’m living well’.”**

*Lizzie*

**CAN'T  
PASS  
IT ON**





*Did you know?*

**Viral suppression is  
defined as HIV RNA of  
<200 copies/ml**

**End HIV Stigma**  
**Spread the Message**  
**#UequalsUSF**



A photograph of two men, Alex and his father Keiron, standing outdoors on a city street. Alex, on the left, is a young man with short brown hair and a light blue button-down shirt. Keiron, on the right, is an older man with grey hair and a blue and white checkered button-down shirt. They are both smiling at the camera. In the background, there are city buildings, a red double-decker bus, and a white car. A speed limit sign with the number 30 is visible on the right.

**“For too long we’ve put up  
with people’s opinions  
about HIV and people  
like me, but now  
we have facts.  
This is not opinion, it’s science.”**

*Alex, with his dad Keiron*

**CAN'T  
PASS  
IT ON**



**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



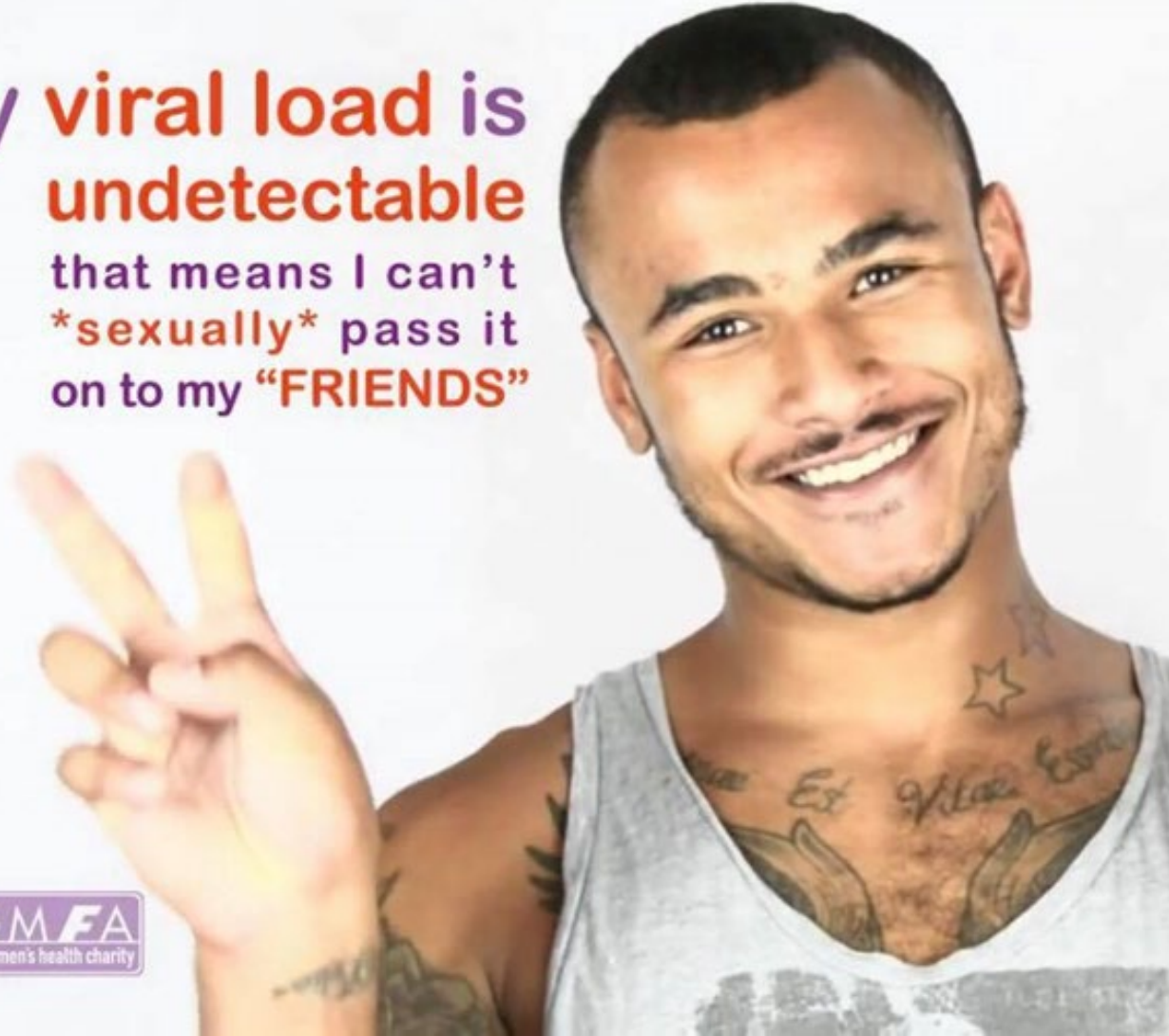
**#UequalsUSF**



Spread the message  
End HIV Stigma

My viral load is  
undetectable

that means I can't  
\*sexually\* pass it  
on to my "FRIENDS"





Cristina Piretti, Ciccio, Giorgio, O. Piretti

# HO L'HIV. NON SONO CONTAGIOSA.

Le evidenze scientifiche dimostrano che le persone con HIV, che seguono regolarmente la terapia e hanno carica virale non rilevabile, non trasmettono il virus.

Con la terapia, oggi  
noi possiamo.

#UequalsU



[www.lila.it](http://www.lila.it)



*Did you know?*



**PLWH should be on  
antiretroviral therapy  
at least 6 months before  
relying on U=U**



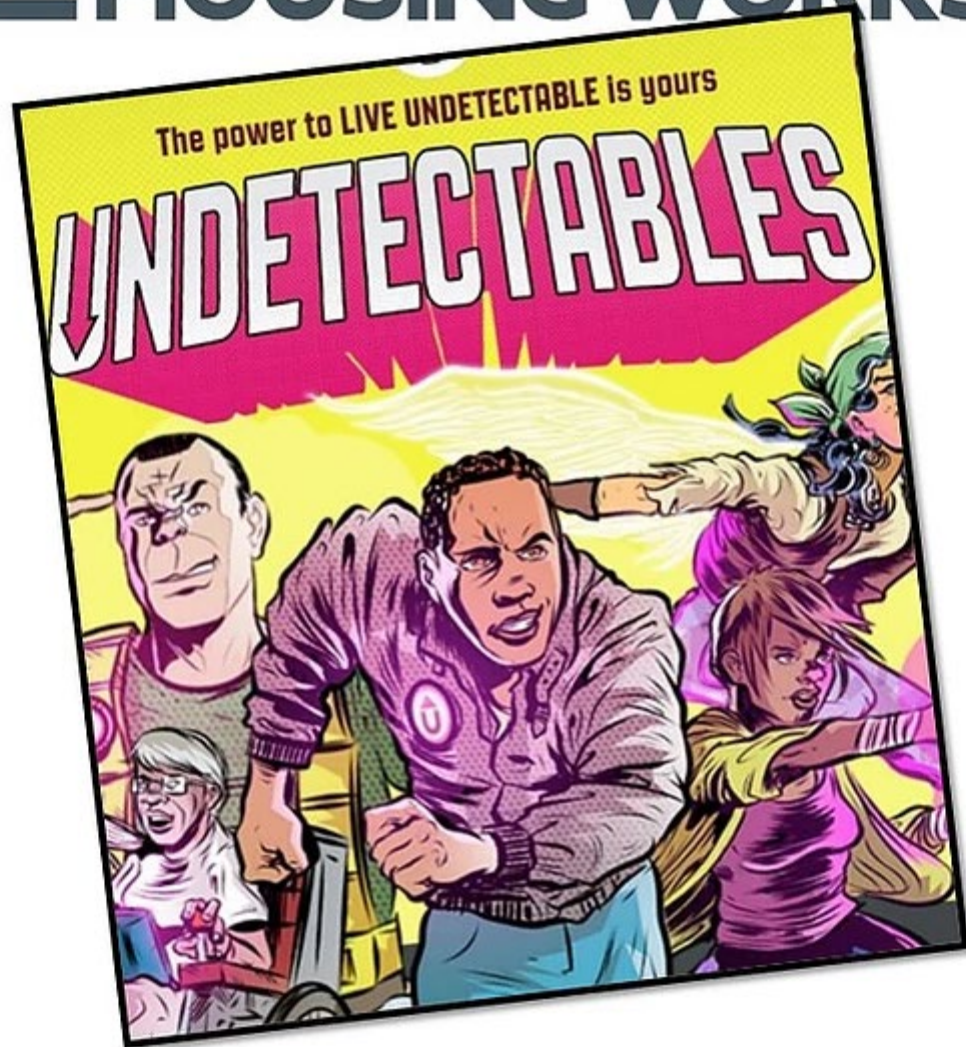
# are the solution

Taking HIV medication daily suppresses the virus and means you can't pass it to others.

**#UequalsU**

**DCTakeonHIV.com**

 **HOUSING WORKS**





A photograph of a Black couple embracing and kissing. The woman is wearing a yellow and white striped tank top, and the man is wearing a yellow shirt. A white paper airplane is flying above them. The background is a dark grey gradient.

DC supports the

**UNDETECTABLE=  
UNTRANSMITTABLE**

Message

**#UequalsU**  
DCTakesonHIV.com

*Did you know?*



**PLWH should see their  
provider at least every  
3-6 months to check  
their viral load**



**Am a stigma fighter**

Let Us Embrace Adherence, Love and Science Not Stigma

**#UequalsU**

*Did you know?*



**700 Organizations from  
nearly 100 Countries  
have signed the U=U  
Consensus Statement**



**End HIV Stigma**  
**Spread the Message**  
**#UequalsUSF**



**SAN FRANCISCO**

**Undetectable = Untransmittable**

**HIV Treatment as Prevention**



**#UequalsUSF**



Spread the message  
End HIV Stigma



Check off all that are true.

Turn in to get an extra drawing ticket.

- ☐ People living with HIV (**PLWH**), who are taking effective treatment, cannot pass on HIV through sex.
- ☐ If you are on suppressive antiretroviral therapy (**ART**), you are sexually noninfectious. The risk is zero.
- ☐ Viral suppression is defined as HIV RNA of <200 copies/ml.
- ☐ **PLWH** should be on antiretroviral therapy at least 6 months before relying on **U=U**.
- ☐ **PLWH** have reported that the U=U message has dramatically increased their sense of hope and impacted their **quality of life**.
- ☐ 700 organizations from nearly 100 countries have signed the **U=U** Consensus Statement.
- ☐ **U=U** has been endorsed by GTZ SF and SFDPH.
- ☐ In major studies of **U=U**, no HIV transmissions occurred in spite of people getting STIs

## Frequently Asked Questions About U=U

### Can a person with HIV on treatment with an undetectable viral load transmit HIV?

No. A person living with HIV on antiretroviral therapy (ART) with an undetectable HIV viral load in their blood for at least six months cannot transmit HIV through sex. Sometimes the risk is described as "negligible" which means: so small as to not be worth considering; insignificant. Therefore, HIV experts and health educators have described the transmission risk in public health communications in clear and unambiguous ways such as effectively no risk; untransmittable; no longer infectious; zero risks; no infection risk; do not transmit; cannot transmit.

### What is an "undetectable viral load" and what is "viral load suppression"?

Viral load refers to the amount of HIV in a blood sample of a person living with HIV. Generally, the higher the viral load, the more likely you are to transmit HIV. Both "undetectable" and "viral load suppression" are extremely low measurements of HIV that are virtually the same. The terms are often used interchangeably in public health communications.

*Undetectable viral load: ART can reduce a person's viral load to the point where it is so low (usually under 40 copies/ml depending on the test) that it cannot be detected by measurements. This is called 'having an undetectable viral load,' which prevents the sexual transmission of HIV while simultaneously improving the health of a person living with HIV. It does not make fully clear the virus from the body or cure someone of HIV. Excellence adherence, or taking ART as prescribed, is important to maintain an undetectable viral load.*

*Viral load suppression: When ART suppresses a person's viral load to less than 200 copies/ml, this is called being "virally suppressed." Being virally suppressed prevents the sexual transmission of HIV while simultaneously improving the health of a person living with HIV. Studies show that when a person is virally suppressed, they cannot transmit HIV to sexual partners. Excellence adherence, or taking ART as prescribed, is important to maintain viral suppression.*

For the U=U campaign, the term "undetectable" is used synonymously with the term "virally suppressed."

### What is the evidence?

The conclusion is based on the force of real world and research experience including PARTNER, HPTN 052, Opposites Attract, and the Swiss Statement.<sup>3-11</sup> For instance, in the PARTNER study, there were ZERO transmissions out of 58,000 condomless sex acts between people with HIV with undetectable viral loads and their partners who are HIV negative. In the most recent study called Opposites Attract, there were no transmissions out of 17,000 condomless sex acts between men. Since the advent of combination therapy, there have been no confirmed reports of anyone with an undetectable viral load sexually transmitting HIV.

### Is the risk zero?

In real-world terms, yes the risk is zero. In theoretical terms, the risk is a tiny fraction close to zero. It's not helpful to focus on the theoretical risks because it is never possible to prove zero risk in science. Through statistical analysis, that number will keep getting closer and closer to zero. Researchers agree we can confidently say that a person with HIV on ART with an undetectable viral load cannot transmit HIV to their sexual partners.

## Why are some groups saying an undetectable viral load reduces risk by 93-96%?

It's a widespread mistake when reporting the HPTN 052 study's findings. This study looked at the transmission risk from the first day a person with HIV starts treatment. The reason there was a 96% risk reduction (based on the study's interim results) and a 93% risk reduction (based on the study's final results) is because there were HIV transmissions before ART had the chance to suppress the virus and because treatment did not work properly for a small number of the participants. If only transmissions after the first six months of ART are considered, the risk reduction would have been 100% with a transmission risk of zero.

## What does 'Treatment as Prevention' mean?

Treatment as prevention (TasP) refers to any HIV prevention method that uses ART to decrease the risk of HIV transmission to a sexual or needle-sharing partner, or perinatally. ART reduces the HIV viral load in the blood, semen, vaginal fluid, and rectal fluid to very low levels, and as a result reduces HIV transmission. TasP is the foundation for U=U. TasP does not indicate the level of reduction in the risk or the level of viral load required to prevent transmission. U=U refers to the point when the virus in the blood is reduced to undetectable levels, and there is effectively no risk of transmitting HIV sexually.

## Does everyone who starts HIV treatment become and remain undetectable?

Nearly everyone who starts ART finds a drug regimen that works within six months. About one out of six people will need additional time to find the right treatment due to tolerance and adherence issues. Adherence to treatment and regular viral load monitoring are essential to maintaining an undetectable viral load.

## Do viral "blips" increase the chance of transmission?

Viral blips have not been shown to increase the transmission of HIV. Small transient increases in viral load (between 50 and 1000 copies) known as 'blips' sometimes result on effective ART when people are adherent, but typically return to undetectable levels without any change in treatment. Unless the viral blips start to increase in frequency, they do not mean treatment isn't working and are normally not of concern to providers.

## Does having an STI affect the chance of HIV transmission?

Having an STI is not significant to HIV transmission when the partner with HIV has an undetectable viral load. An STI in the presence of a detectable viral load may increase the risk of HIV transmission.

## Why do some people have detectable viral loads?

Access to adequate health care, treatment, and viral load testing are serious barriers in many parts of the world. Some people who have access to treatment may choose not to be treated or may not be ready to start. Others start treatment but have challenges with adherence for a variety of reasons such as stigma, mental health challenges, substance abuse, unstable housing, difficulty paying for medications, hostile environments, drug resistance, and/or intolerable side effects. Some people with low but detectable viral loads also cannot transmit HIV. For instance, someone who is virally suppressed (under 200 copies/ml) and still detectable (above approx 40 copies/ml depending on the test) cannot transmit HIV. The major studies on the subject were based on the risk of HIV transmission from people who were virally suppressed. For people living with HIV (PLWH) who are not virally suppressed or undetectable, there are highly effective options including condoms, and in some parts of the world, PrEP, which can be used individually or in combination to prevent HIV. Everyone living with HIV regardless of viral load has the right to full and healthy social, sexual, and reproductive lives.

### How often should viral load testing be done?

Regular viral load testing for health benefits is normally recommended about 2-4 times a year for people who have a stable undetectable viral load. People living with HIV (PLWH) who are using an undetectable viral load as an HIV prevention strategy should talk to their providers to see if increased viral load testing is recommended.

### What if there are detectable HIV in semen, vaginal or rectal fluids but not in the blood?

Scientists have found that HIV treatment that leads to an undetectable viral load in the blood also normally leads to an undetectable viral load in semen, vaginal, and rectal fluids. Occasionally people with an undetectable viral load in the blood have HIV RNA and DNA in semen, vaginal and rectal fluids but this has not been found to increase transmission risk. HIV RNA and DNA are only particles of HIV, and the whole virus is required to be infectious HIV. Further, studies show that HIV RNA and DNA are most common soon after starting HIV treatment and are hardly seen after a year or more of an undetectable viral load in the blood.

### Are there any side effects to being on HIV medicines?

HIV medicines can cause side effects for some people. Most are manageable. Fortunately, there are numerous HIV medicines available today that people can take without serious side effects. If you do experience any side effects, it is important to discuss these with your healthcare provider.

### What does this mean for me if I have HIV?

It means that if you are undetectable and stay on HIV treatment, you are likely to be much healthier than if you were not on treatment and no longer need to be constrained by fear of transmitting the virus to others during sexual experiences. However, as Gus Cairns writes in *Viral load and transmission - a factsheet for people with HIV*, “if you want to stop using condoms, it is important to discuss this carefully with your partners and ensure they are also comfortable with the decision. Discussing what an undetectable viral load means with HIV-negative partners may help reduce their anxiety about HIV transmission. However, this information will probably be new to most people who do not have HIV; it may take time for someone to understand and trust what you are saying.” It is important to remember that while an undetectable viral load will protect your partners from your HIV, it does not protect them or you from other sexually transmitted infections (STIs) or prevent pregnancy.

### What does this mean for me if I don't have HIV?

You need not be constrained by fear of acquiring HIV while your sexual partner is undetectable. As Gus Cairns writes in *Viral load and transmission - a factsheet for HIV negative people*, “If you do want to stop using condoms, it is important to discuss this carefully with your partner and ensure they are also comfortable with the decision.” It is important to remember that while an undetectable viral load will prevent transmission of HIV, it does not protect you or them from other sexually transmitted infections (STIs) or unwanted pregnancy.

### What does this mean for reproductive health, such as pregnancy and breastfeeding?

Knowing how an undetectable viral load prevents HIV transmission may be especially useful for people wishing to conceive a baby without using alternative insemination practices. An undetectable viral load also dramatically reduces the risk of vertical transmission - during pregnancy or breastfeeding. For more information on HIV and reproductive health, such as pregnancy and breastfeeding, refer to HIVE [www.HIVEonline.org](http://www.HIVEonline.org) or [TheWellProject.org](http://TheWellProject.org).



### **Should I stop using condoms and/or PrEP if I'm with someone who is undetectable?**

Having an undetectable viral load, using PrEP and using condoms are all HIV prevention strategies that people can choose to use alone or in combination. We provide information about the latest science of HIV transmission so people with HIV and their partners can make informed decisions about what works for them. Some people may prefer to use several HIV prevention strategies for a variety of reasons such as to reduce transmission risk anxiety, to prevent other STIs, to prevent pregnancy, or if the partner with HIV has a history of inconsistent ART adherence. Condoms are the only method that helps prevent HIV, STIs, and pregnancy.

### **Do I need to disclose my HIV status to my sex partner if I am undetectable?**

Having an undetectable viral load for at least six months and continuing to stay on medication means you are not putting your partner at risk. There is no moral imperative to disclose when you are not putting your partner at risk. However, you may want to consider the pluses and minuses of disclosing for you and your partner. A partner may become upset if they learn about your status after sexual interaction and it can cause unnecessary interpersonal consequences even when there is no risk of transmission. Also, it's extremely important to keep in mind that many discriminatory HIV criminalization laws exist in some states and parts of the world that require you to disclose your status, even when there is no risk of transmission. To learn more about the HIV criminalization laws in your state and country, visit [The Center for HIV Law and Policy](#) and [SERO Project](#).

### **Can I trust that my partner is really undetectable?**

Just like you cannot tell if someone has HIV by looking at them, you also cannot tell if someone has an undetectable viral load by how they look. Whether or not you choose to trust your partner is a highly personal decision and is likely to depend upon your sexual practices and relationship circumstances. People engaged in consensual sex are responsible for their sexual health. In some circumstances, [PrEP](#) is an excellent option to empower yourself against HIV transmission without depending upon trust of your sexual partner.

### **Does U=U apply to transmission through needle sharing?**

U=U does not apply to HIV transmission through needle sharing. There is not yet enough research to draw a conclusion.

### **Why isn't my medical provider telling me this information?**

Some medical providers are not up-to-date with the current science. Others agree with the science but are concerned about 1) an increase in condomless sex among people with HIV which may result in an increase in other STIs; and 2) patients' potential lack of understanding that maintaining an undetectable viral load requires excellent treatment adherence and monitoring; if they interrupt treatment by choice or circumstances outside of their control, their virus will likely rise to detectable levels. Some medical providers selectively choose to discuss this information only with patients and clients whom they judge are "responsible" (for example: monogamous and with a stable linkage to treatment) rather than directly address the concerns described above through education.

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For more information and resource references visit: [\*\*www.preventionaccess.org/faq\*\*](http://www.preventionaccess.org/faq)