



KEEP YOUR SEXUAL PARTNERS SAFE WITH U=U PROTECTION

UNDETECTABLE

By taking daily antiretroviral (ART) medication, a person living with HIV can reduce their HIV viral load until it cannot be detected by a standard lab test. An undetectable viral load is usually under 40 copies/ml.

UNTRANSMITTABLE

Extensive studies have shown that a person with an HIV viral load less than 200 copies/ml cannot transmit HIV to sexual partners, even without using condoms or PrEP.

UNDETECTABLE=UNTRANSMITTABLE

WHAT DOES U=U MEAN FOR YOU?

Here are some answers from the Equitas Health Medical Team.

How can you be sure you have U=U protection?

1. Take ART every day.
2. Reach an undetectable viral load and maintain it for at least 6 months.
3. Continue taking your meds every day.

How can U=U protection really mean Zero Risk of sexual transmission?

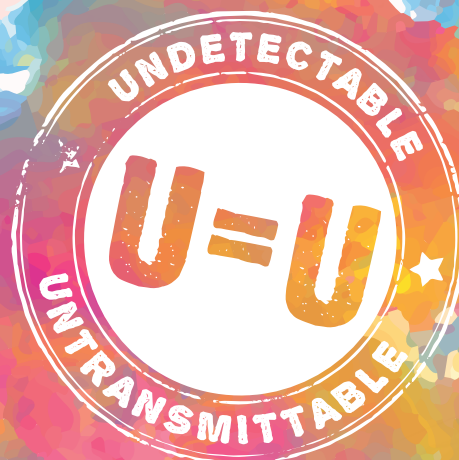
The quick answer is that when HIV viral load is undetectable, there is too little virus in the sexual fluids for an infection to occur. The most recent study looked at 77,000 condomless sex acts between people living with undetectable HIV and people with a negative status, and found ZERO transmissions.

Does U=U work with all HIV medications?

Yes. Any ART that makes viral load undetectable will offer you and your partners U=U protection.

Does U=U protection work for everyone?

Yes. The research is definitive for same and opposite sex couples. →



Does U=U protection work for all types of sex?

Yes. The ZERO transmission research holds true for anal, oral, and vaginal sex, regardless of which partner is giving or receiving, and whether or not ejaculation occurs.

Does U=U mean I can stop using condoms?

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. People use condoms for different reasons depending on their situation:

- to prevent the transmission of HIV
- to prevent the transmission of STIs like chlamydia, gonorrhea, syphilis, and hepatitis B & C
- to prevent pregnancy

If you are living with HIV, your viral load is undetectable, and your only need for condoms is to prevent HIV transmission, then you do not need condoms (or PrEP) for protection.

What if my partner or I still want to use condoms or my partner wants to stay on PrEP?

Each person, whether their HIV status is positive or negative, has to decide what feels right for them. They might want to use condoms for STI protection or pregnancy prevention, or they might still worry about HIV transmission.

Do STIs affect U=U protection?

No. Even when another STI is present, a person with an undetectable viral load cannot pass HIV through sexual transmission.

Find out how we end this thing at EquitasHealth.com

What if I miss my meds?

Missing your meds once will not change your U=U protection. But missing meds for 2-3 days might be enough for your viral load to become detectable. Taking medication regularly is essential for maintaining U=U protection.

What about viral load blips?

Sometimes your viral load can "blip" above 40 copies/ml. That's okay. The research shows that as long as the blip remains below 200 copies/ml there is still ZERO RISK of transmission.

Does U=U Protection apply to breast feeding?

No. Although an undetectable viral load on ART reduces the risk from breastfeeding, there have been cases where babies have become HIV positive from breastfeeding, even when the mother had an undetectable viral load.

Does U=U Protection prevent transmission through needle sharing?

No. There is not yet enough evidence to draw a conclusion about U=U and needle sharing.

All people living with HIV have a right to accurate and meaningful information about their social, sexual, and reproductive health. If you have questions about this information and how it applies to you and your health goals, please talk to your Equitas Health medical provider or case manager.

