



THINGS TO
KNOW ABOUT

U=U

Photography by Julie Weabe

WHAT DOES U=U MEAN?



People living with HIV (PLWH) who take their HIV medicine daily and achieve and maintain an undetectable viral load cannot sexually transmit HIV to their partners.

WHAT IS THE SCIENTIFIC EVIDENCE SUPPORTING U=U?



A randomized clinical trial (HPTN 052) and three observational cohort studies (PARTNER 1 and 2 and Opposites Attract) evaluated the effect of undetectable viral load in preventing HIV transmission among serodiscordant couples. In the PARTNER 1 and 2 and Opposites Attract, there were zero linked HIV transmissions associated with condomless sex when the PLWH was taking antiretroviral therapy (ART) daily and achieved and maintained an undetectable viral load *.

WHAT DO I NEED TO KNOW ABOUT U=U TO SUPPORT A PERSON LIVING WITH HIV?



- Taking ART daily can lower your client's viral load so a test cannot detect it.
- Having an undetectable viral load helps your clients with HIV stay healthy.
- You should inform your clients of the benefits of taking ART daily.
- Check your client's viral load every 3-6 months to ensure they remain undetectable.
- Remind your clients that their viral load must remain undetectable if they want to prevent the transmission of HIV through sex.

THINGS TO KNOW ABOUT

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How long does my client's viral load need to be Undetectable before HIV is Untransmittable sexually?



- You should administer two viral load tests before confirming that your client's HIV levels are undetectable. The first test should be administered 3 months after your client starts ART and the second test should be administered after 6 months on ART.
- Clients should continue to take ART as prescribed daily to maintain viral suppression.

What else should I tell my clients with HIV?



- Encourage your clients with HIV to talk to their current or potential partners about U=U.
- Talk to your clients with HIV about ways to maintain a healthy sex life, including the importance of daily HIV treatment and U=U.

Do clients with an undetectable viral load need to use condoms?



The scientific evidence demonstrates that over 125,000 couples engaged in sex acts without a condom and zero HIV transmissions occurred sexually. However, before a client's viral load is undetectable, you should encourage them to talk to their sex partners about PrEP, PEP, and the use of condoms to prevent HIV transmission and unintended pregnancies.