

# U=U

## UNDETECTABLE = UNTRANSMITTABLE

### FACT.

A person living with HIV who is on treatment and has an undetectable viral load cannot transmit HIV through sex. In other words, Undetectable = Untransmittable (U=U).

*U=U  
set me free.*

LUCY WANJIKU NJENGA,  
FOUNDER, POSITIVE YOUNG  
WOMEN VOICES, KENYA

*U=U is the foundation of being able to end  
the epidemic.*

DR. ANTHONY S. FAUCI, DIRECTOR, NIAID,  
NATIONAL INSTITUTES OF HEALTH

## PREVENTION ACCESS CAMPAIGN

Prevention Access Campaign (PAC) launched the U=U campaign in 2016 with three advocacy and communications goals:

1. Build a science-based consensus to confirm U=U.
2. Disseminate the widely unknown U=U science through U.S. and international partnerships.
3. Ensure people living with HIV have access to the treatment and care needed to stay healthy, improve their quality of life, and prevent new transmissions.

Today, U=U is a global health and human rights movement of over 1,000 official partners in over one hundred countries. U=U has been accepted by the global medical and scientific community as fact, changing lives and the field worldwide—a testament to the passion and power of the HIV community.

**Sharing knowledge about U=U is game changing in the many ways it makes a difference to those with HIV and its impact on ending the epidemic:**

**Well-being of people with HIV:** Transforms the social, sexual, and reproductive lives of people with HIV by freeing them from the shame and fear of sexual transmission to their partners.

### HIV stigma:

Dismantles the HIV stigma that has been destroying lives and impeding progress in the field since the beginning of the epidemic.

### Treatment goals:

Reduces the anxiety associated with testing, and encourages people living with HIV to start and stay on treatment to stay healthy and prevent transmission.

### Universal access:

Offers a public health argument to increase access and remove barriers to treatment, care, and diagnostics to save lives and prevent new transmissions.



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## THE TIME TO ACT IS NOW

**U=U must be widely disseminated urgently in a clear, consistent, and accurate manner to greatly improve the lives of people with HIV and bring us closer to ending the epidemic.**

There are millions of people living with HIV worldwide who are suffering with the belief they're infectious. They are suffering from social rejection, isolation, depression, suicide, intimate partner violence, prosecution, and murder.

U=U is a solution to longstanding HIV stigma, bringing hope and new possibilities to love, to have sex, and to conceive children without any fear of passing on HIV. There is no other

information in the HIV field so **URGENT** or **IMPORTANT** to share with people with HIV, healthcare providers, policy makers, and the public worldwide.

**Please join us to transform what it means to love and live with HIV.**

*This information is important and has the power to change lives. We urge you to share this groundbreaking science with your communities.*

US CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

*It is important to raise awareness and promote the knowledge about U=U within the healthcare sector, communities, people living with HIV and other partners in the HIV response.*

WORLD HEALTH ORGANIZATION

Connect to the U=U movement on social media using **#UEQUALSU**

Twitter & Instagram:  
**@PREVENTIONAC**

Facebook group:  
**UEQUALSU**

To find resources including research, technical support, and health communications and to sign on to the campaign visit **WWW.PREVENTIONACCESS.ORG**



**CONTACT: [info@preventionaccess.org](mailto:info@preventionaccess.org)**