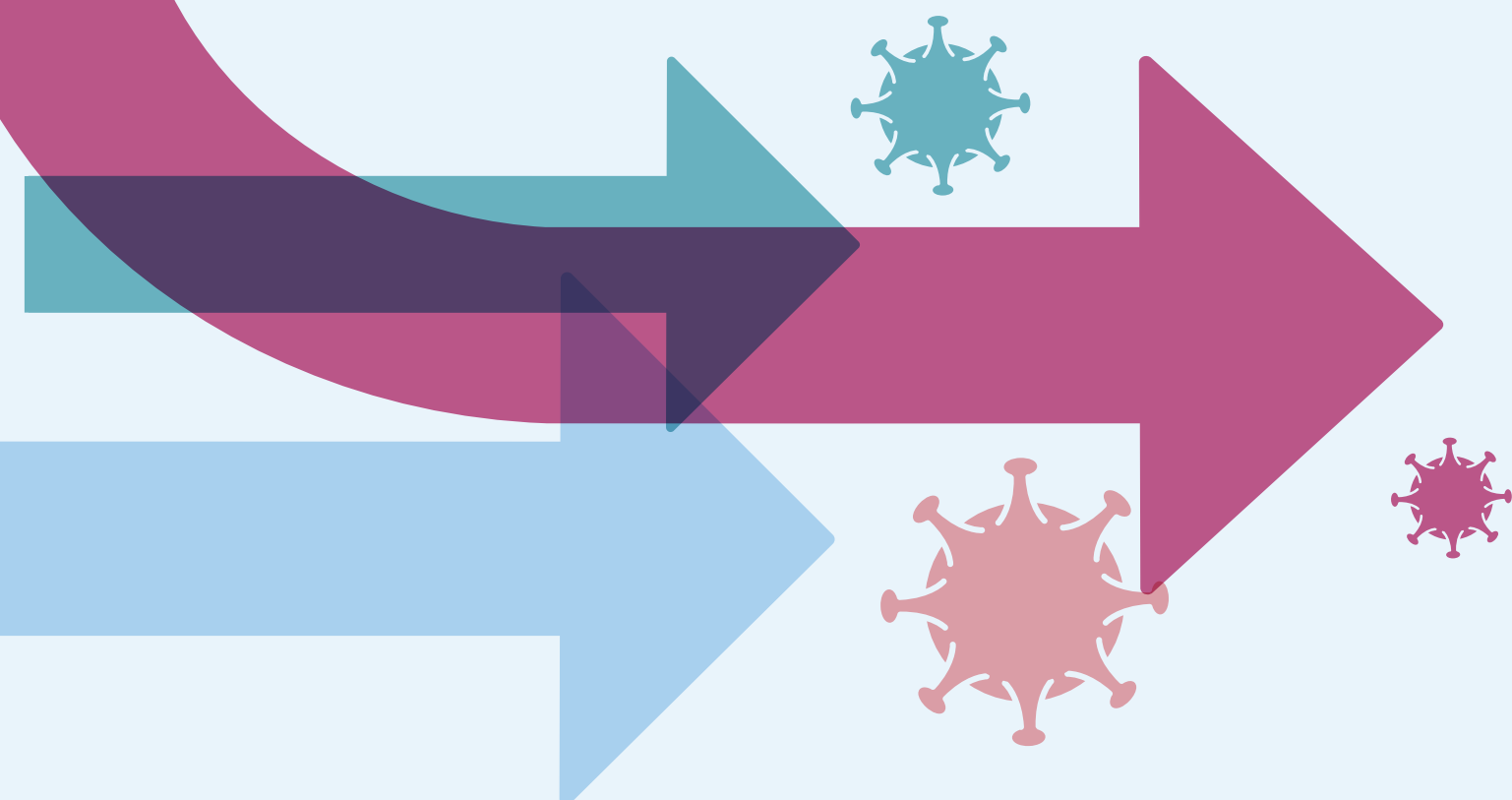


The basics

**Undetectable =
Untransmittable (U=U)**

U = U

Undetectable equals Untransmittable



**Effective HIV treatment
stops HIV from being
passed on (transmitted)
during sex.**

**That is what 'Undetectable
= Untransmittable'
(U=U) means.**

U = U

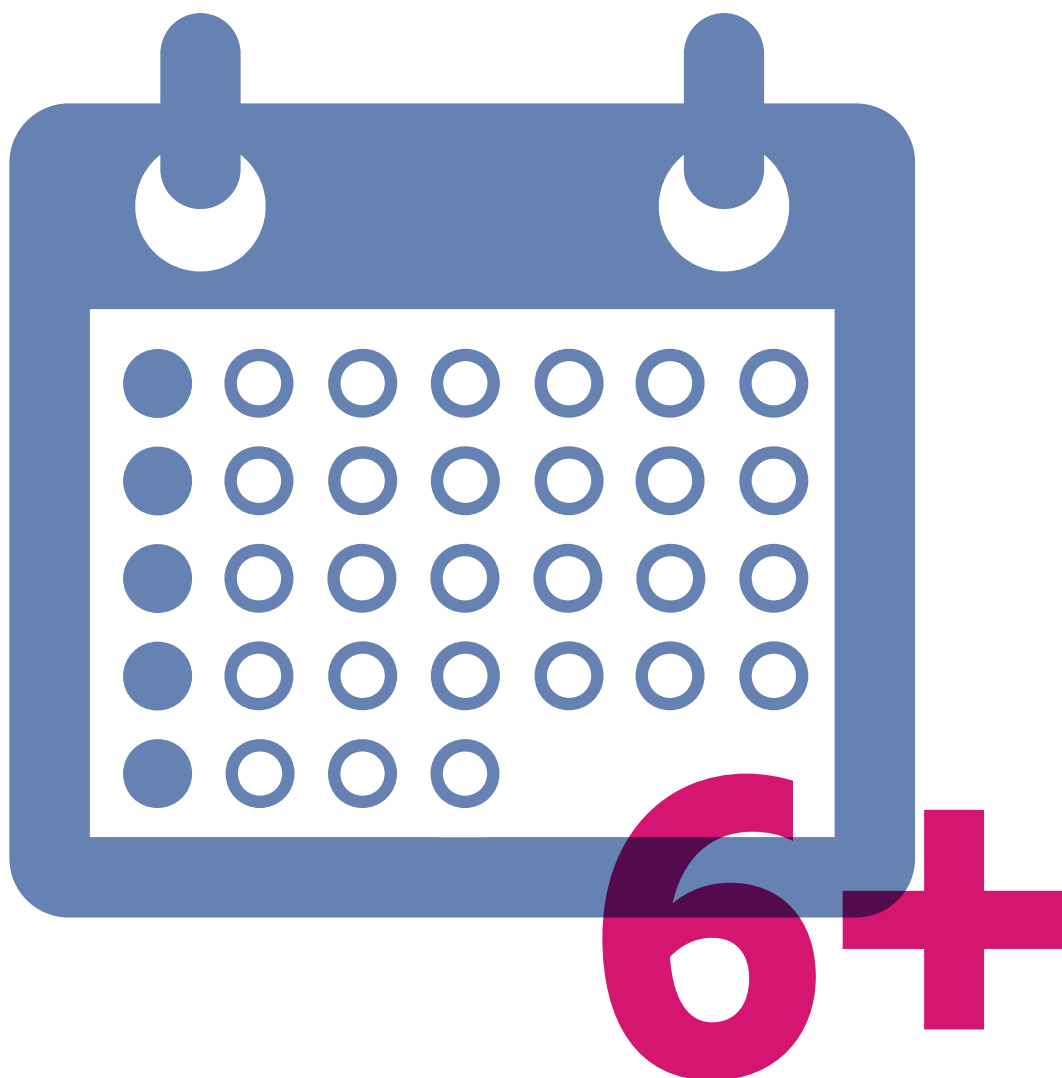
Undetectable equals Untransmittable

**If you are taking HIV
treatment and have an
undetectable viral load,
you will not pass HIV on
during sex.**

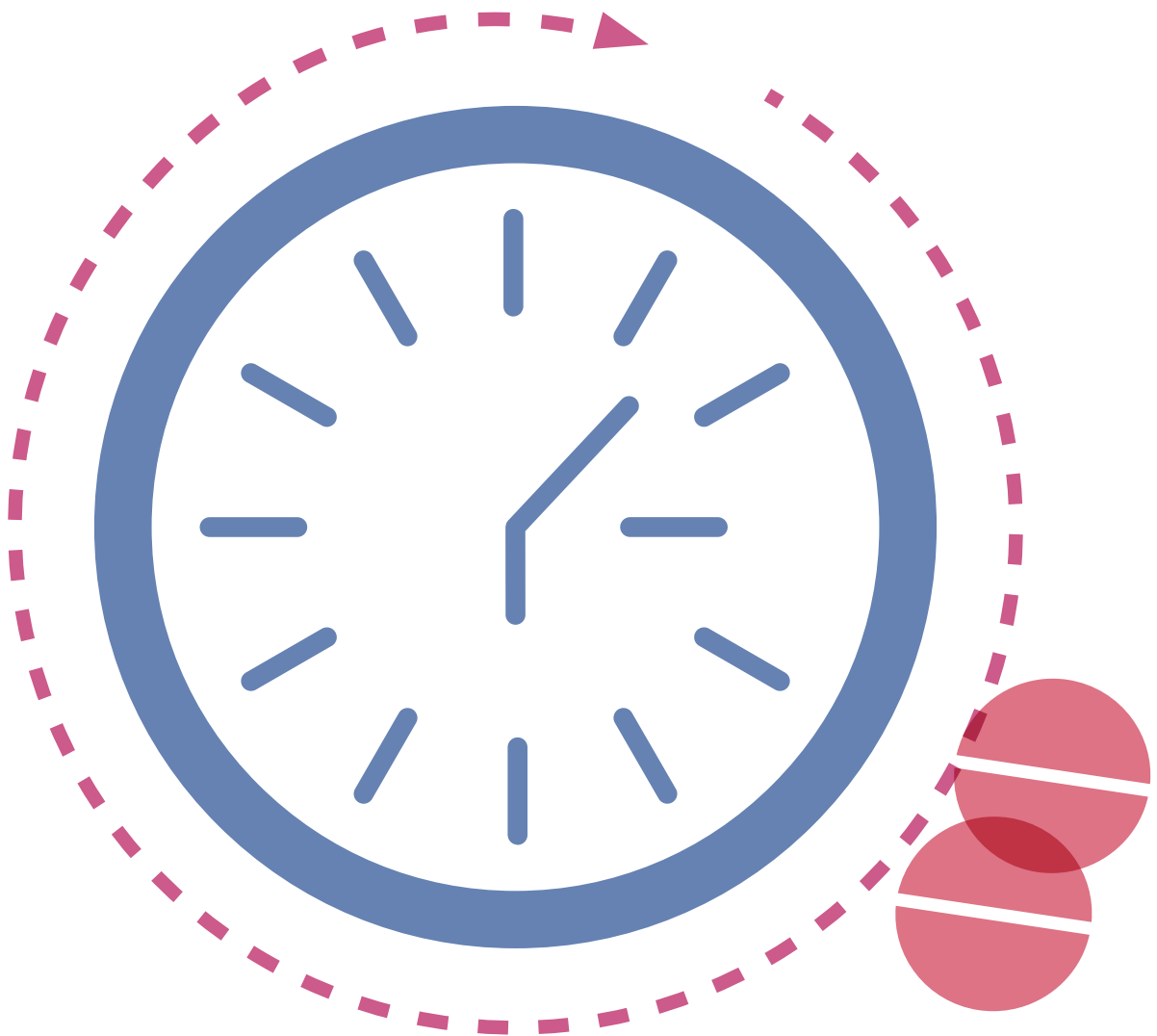


**You can rely on an undetectable
viral load if:**

**your viral load has been
undetectable for at least
six months;**

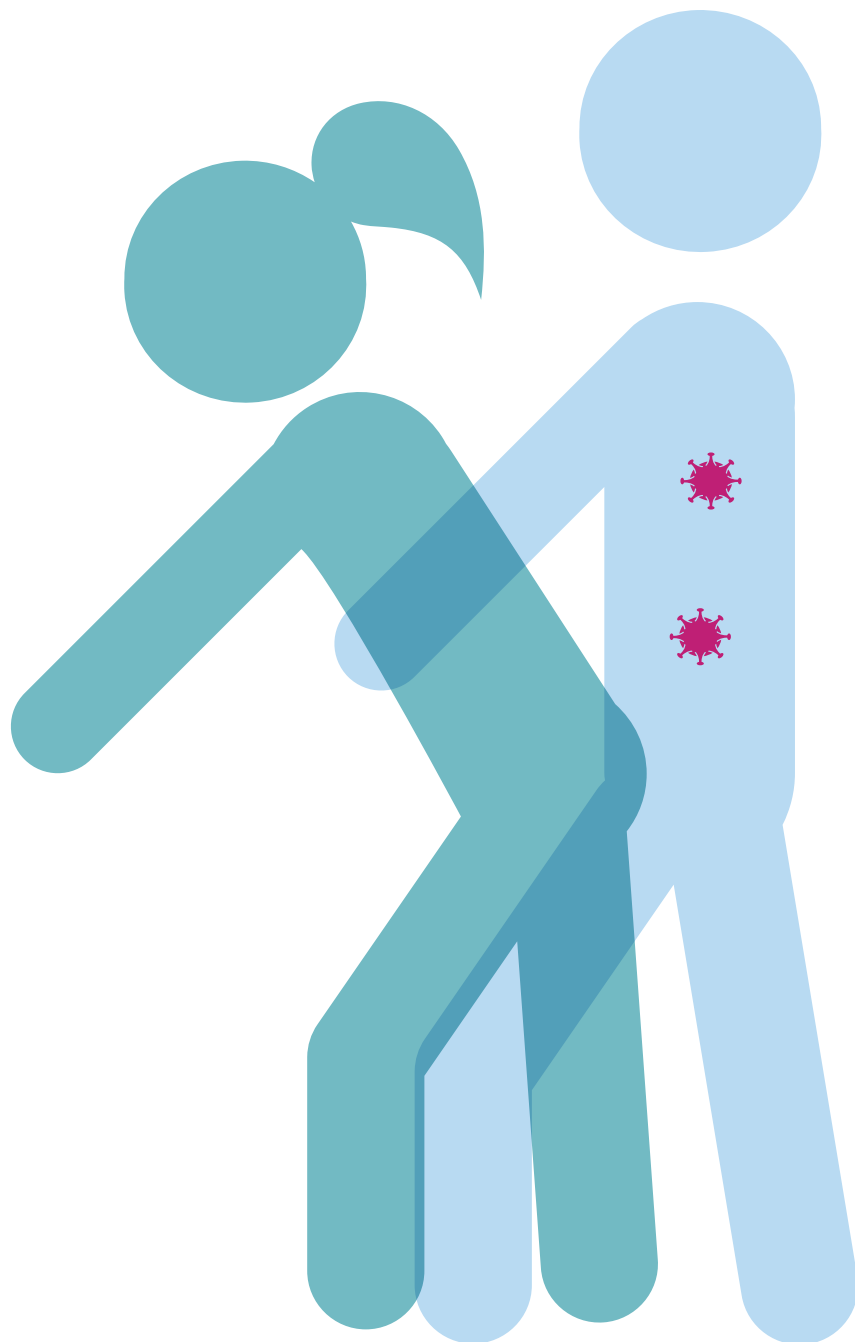


AND
you don't miss doses
of your treatment.

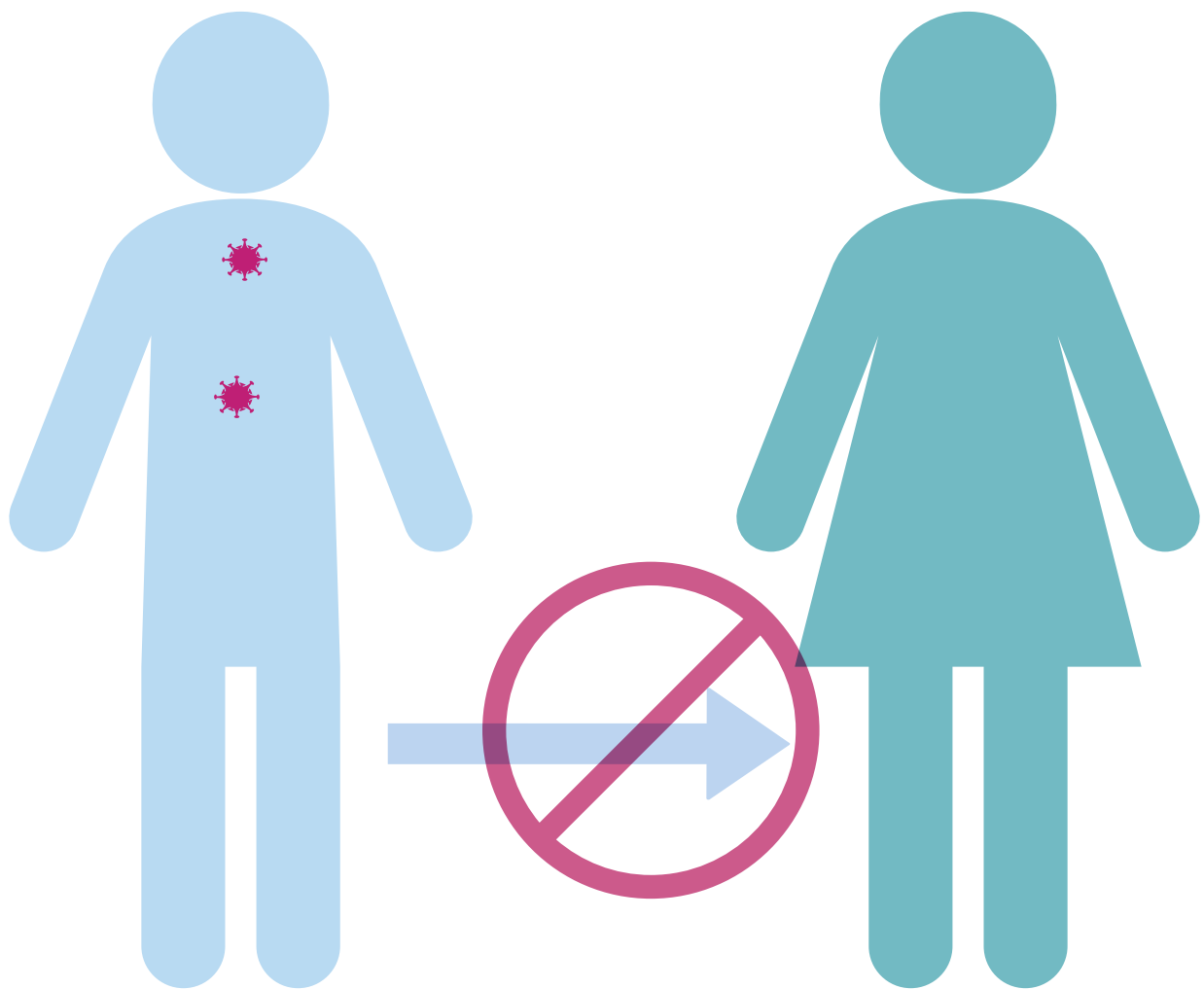


We know this from scientific studies of couples where one partner had HIV and the other did not.

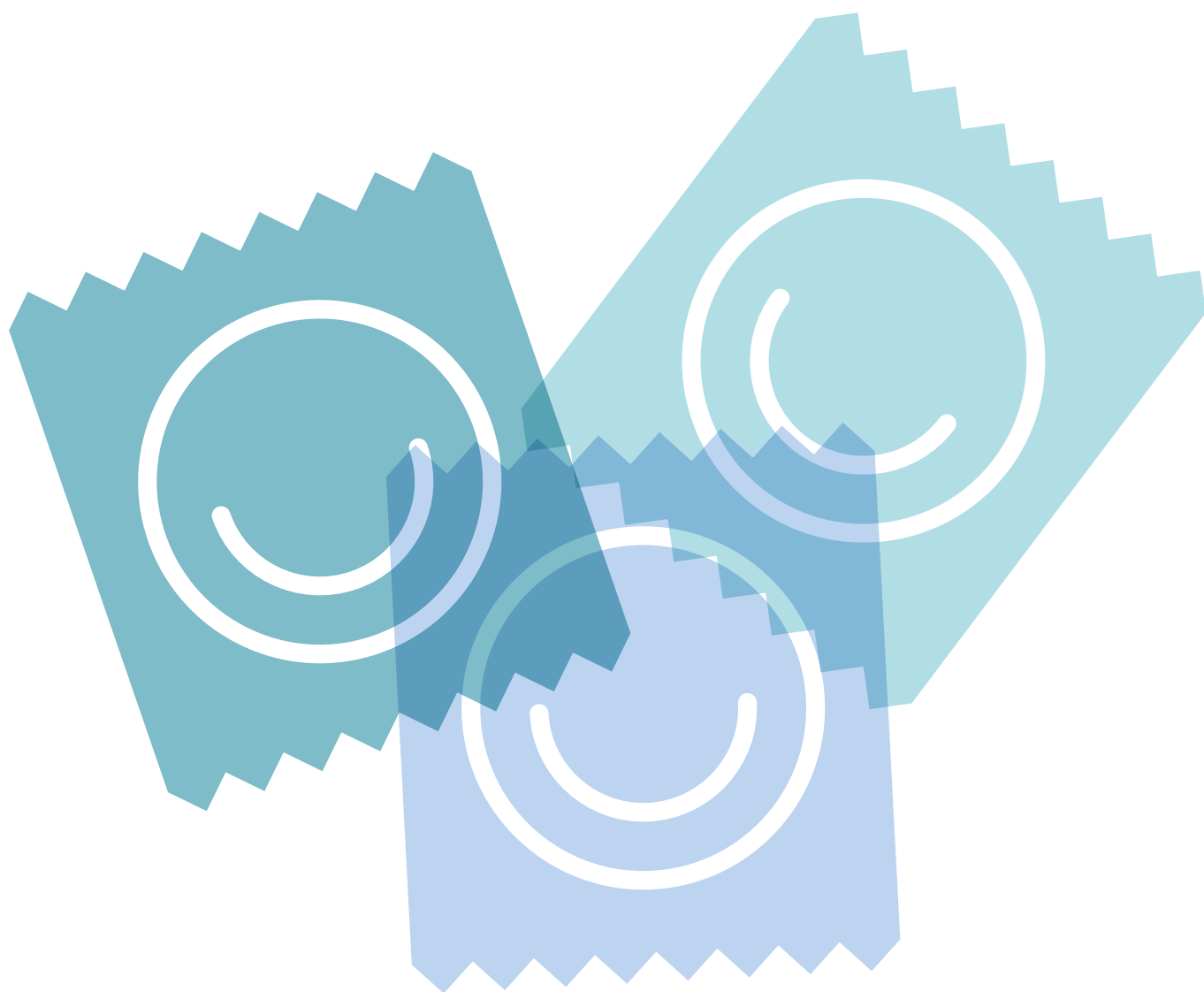
The couples had sex without a condom 130,000 times.



**There were no cases of HIV
being passed on.**



**You do not need to use condoms
to prevent HIV transmission when
your viral load is undetectable.
But condoms will help to prevent
other sexually transmitted
infections.**



Important points

- If you have had an undetectable viral load for at least six months and you continue to take your treatment as prescribed, there is no risk of passing HIV on during sex.
- This is why people say 'undetectable = untransmittable' (U=U).

U = U

Undetectable equals Untransmittable

For more information on this topic

- Read our '**Undetectable viral load**' leaflet.
- Read our '**Undetectable viral load and HIV transmission**' page.
- Read our '**HIV & sex**' booklet.

For information in other languages

- Visit **www.aidsmap.com/languages**

For more information about HIV

- Visit our website **www.aidsmap.com**
- Speak to an adviser at THT Direct
0808 802 1221

Other titles in The basics series

- Taking drugs on time
- CD4 and viral load
- Transmission and the law

We recommend that you discuss the information in this leaflet with a doctor or other health worker

About NAM

NAM is a charity that works to change lives by sharing information about HIV & AIDS.

We believe that independent, clear, accurate information is vital to those living with HIV.

www.aidsmap.com

Please help us

If you would like to support our work and help us to continue to provide resources like this one, please donate today at

www.aidsmap.com/donate

This information isn't intended to replace discussion with your doctor about your treatment and care, but it may help you to think about any questions you'd like to ask your healthcare team.

If you would like to translate, adapt or reproduce this leaflet, please contact us.