



hiv medicine association

UNDETECTABLE = UNTRANSMITTABLE



In 2017, HIVMA endorsed the *U=U Consensus Statement*, saying definitively that when a person living with HIV has an undetectable viral load, they will not transmit HIV.

The science is clear.

HPTN 052

PARTNER

Opposites Attract

PARTNER 2

Combined data from 2008-2018 show that there were **ZERO** linked HIV transmissions after more than a **hundred thousand condom-less sex acts** within both heterosexual and male-male serodiscordant couples where the partner living with HIV had a **durably undetectable viral load**.

But the need remains great.

- Only **15%** of Americans believe that ART is “very effective” in preventing HIV.
- Only **50%** of people living with HIV are engaged in care and virally suppressed.

*“The body of scientific evidence to-date has established that there is **effectively no risk of sexual transmission of HIV** when the partner living with HIV has a durably undetectable viral load, **validating the U=U message of HIV treatment as prevention.**”*

*Anthony S. Fauci, MD  
July 2018*

*“Not sharing this with your patients is withholding data that are life-saving, life prolonging, and stigma erasing.”*  
*Demetre Daskalakis, MD, MPH, NYC Department of Health*

## Why Is U=U Important?

- Knowing U=U can be **transformative** for people living with HIV (PLWH) and their interpersonal relationships. This affirms that they are not disease vectors and can be touched and loved.
- Many PLWH still face both institutional & personal **stigma and discrimination**. As a result, many avoid relationships, sexual or otherwise, because of their perceived potential to transmit HIV.

## Talk to Your Patients about U=U

1. Counsel them on the necessity of **staying undetectable** for U=U to work.
2. Educate them on the importance of taking HIV medications every day **to stay healthy and also prevent transmission** to their sexual partners.
3. Explain and reinforce that when the virus is suppressed, **they will not transmit HIV** to partners.
4. **Encourage patients to know their viral load** by keeping their medical appointments so they and their partners are sure of their undetectable status.
5. **Counsel patients about STD risk** and preventive measures such as condoms and screening.

## Resources & Information for Providers

### **Prevention Access Campaign:**

“Consensus Statement” & FAQs [bit.ly/2w6xYKN](http://bit.ly/2w6xYKN)

### **New York City Department of Health:**

“HIV U=U Information for Providers” [on.nyc.gov/2NH550X](http://on.nyc.gov/2NH550X)

### **The Well Project:**

“U=U: Contextualizing a Campaign in the Lives of Women Living with HIV” [bit.ly/2Qnyvla](http://bit.ly/2Qnyvla)

### **National Institutes of Health (NIH):**

“10 Things to Know about HIV Suppression” [bit.ly/2hAeBoB](http://bit.ly/2hAeBoB)

“HIV Treatment, Viral Reservoir & HIV DNA” [bit.ly/2NbWuEi](http://bit.ly/2NbWuEi)

### **Centers for Disease Control and Prevention (CDC):**

“Dear Colleague Letter” September 27, 2017 [bit.ly/2wYdGoz](http://bit.ly/2wYdGoz)

“HIV Transmission Prevention: Information for Health Care Providers” [bit.ly/2D0FsUG](http://bit.ly/2D0FsUG)

“Evidence of HIV Treatment and Viral Suppression in Preventing the Sexual Transmission of HIV” [bit.ly/2HNHQeZ](http://bit.ly/2HNHQeZ)

### **Clinical Consultation Center:**

“HIV/AIDS Management” [bit.ly/2pfVK2g](http://bit.ly/2pfVK2g)

“HIV Warm Line” (800) 933-3413, M-F 9am-8pm ET