A person living with HIV who has an undetectable viral load for at least six months cannot transmit HIV through sexual intercourse.

U=U does NOT apply to breastfeeding.

Undetectable viral load during pregnancy and childbirth greatly reduces the chances of HIV transmission to your child.

U=U protects you and your partner.

U=U does NOT apply to breastfeeding.

Undetectable Viral Load = No Transmission

U=U
Undetectable = Untransmittable

IMPORTANT FOR WOMEN

2018/2019 CHIPTS Community Advisory Board
UCLA Center for HIV Identification, Prevention and Treatment Services
10880 Wilshire Blvd., Suite 1800, Los Angeles, CA 90024
310-794-3327 | www.chipts.ucla.edu | chipts@mednet.ucla.edu
Did You Know?

**U=U is for Women, Too.**

To achieve **undetectable viral load**, take your HIV medicines every day and exactly as prescribed. Work with your medical provider to monitor your viral load regularly.

**U=U protects you and your partner**, increases pleasure and intimacy during sex and removes stress related to HIV transmission.

If your HIV viral load is **undetectable and you continue to take your HIV medication**, you cannot sexually transmit the virus to your partner.

If you are HIV **negative**, you can choose to use PrEP to prevent HIV infection if you have a HIV positive partner or do not know your partner’s HIV status.

If you are in a relationship where one person is living with HIV and the other is HIV **negative**, and you plan to conceive a child, talk to your medical provider about how to have a baby who is HIV negative.

**Undetectable viral load in pregnant women significantly reduces chances of HIV transmission to newborn babies.** Pregnant women need to attend their regular appointments with their medical providers and take their HIV medication daily as prescribed.

**U=U does not apply to breastfeeding.** Breastmilk may contain the HIV virus that could be transmitted to your infant. Consult your medical provider to find out about your other options.

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**Undetectable**

HIV virus is suppressed with HIV medicines

= **Untransmittable**

Not contagious through sex

For more information about viral load and U=U, speak with your medical provider.

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