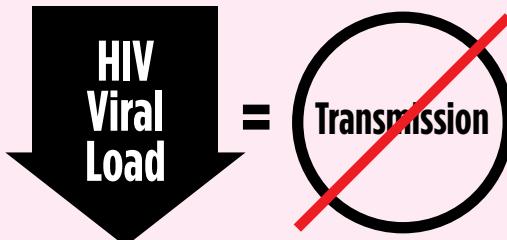


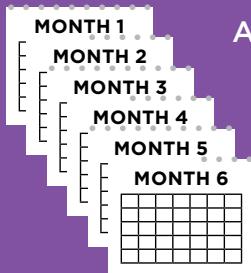
IMPORTANT FOR WOMEN

**U=U**

**Undetectable = Untransmittable**



Undetectable Viral Load = No Transmission



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



**U=U protects you and your partner**

**U=U does NOT apply to breastfeeding.**



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

# 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.

## 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.**



**CHIPTS**  
Center for HIV Identification, Prevention  
and Treatment Services

**ACQ**  
CITY OF LOS ANGELES  
AIDS Coordinator's Office

Content developed by the members of  
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