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.

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**Undetectable**

HIV virus is suppressed with HIV medicines

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**Untransmittable**

Not contagious through sex

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

Content developed by the members of UCLA CHIPTS Community Advisory Board (CAB) (NIMH P30 MH058107-22) and the City of LA AIDS Coordinator’s Office.