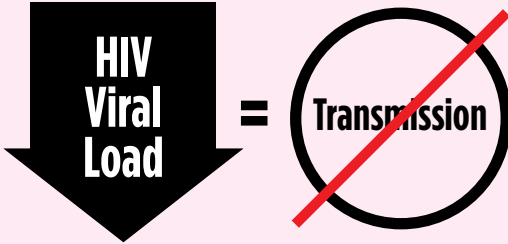


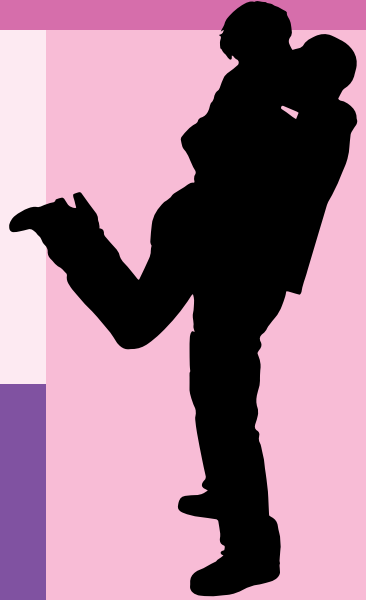
IMPORTANT FOR WOMEN

U=U

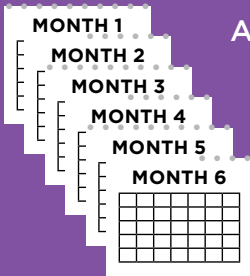
Undetectable = Untransmittable



Undetectable Viral Load = No Transmission



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



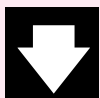
A person living with HIV who has an undetectable viral load for at least **six months cannot transmit** HIV through sexual intercourse.

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

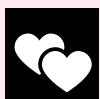


Undetectable viral load during pregnancy and childbirth **greatly reduces** the chances of HIV transmission to your child.

# 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.**