

# U = U

## UNDETECTABLE = UNTRANSMITTABLE

*DID YOU KNOW...  
HIV MEDICINE CAN PREVENT HIV  
TRANSMISSION?*

### ANTIRETROVIRAL THERAPY (ART)

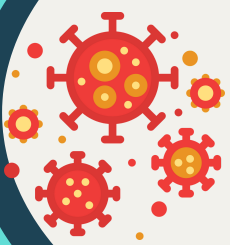
**ART is recommended for all people living with HIV. Treatment should begin as soon as possible after an HIV diagnosis.**



*HIV medicine can:*

- Lower the amount of HIV virus in the blood.
- Slow down damage to the immune system.
- Improve overall health & lifespan.
- Eliminate the likelihood of transmitting HIV to others.

#### VIRAL LOAD



A measure of the amount of HIV virus in the blood

#### UNDETECTABLE

When the viral load is so low that it cannot be detected



#### VIRAL SUPPRESSION

When the viral load is below 200 copies/milliliter

**PEOPLE WHO TAKE HIV MEDICATION AND GET AND STAY UNDETECTABLE DON'T TRANSMIT HIV TO OTHERS!**



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