





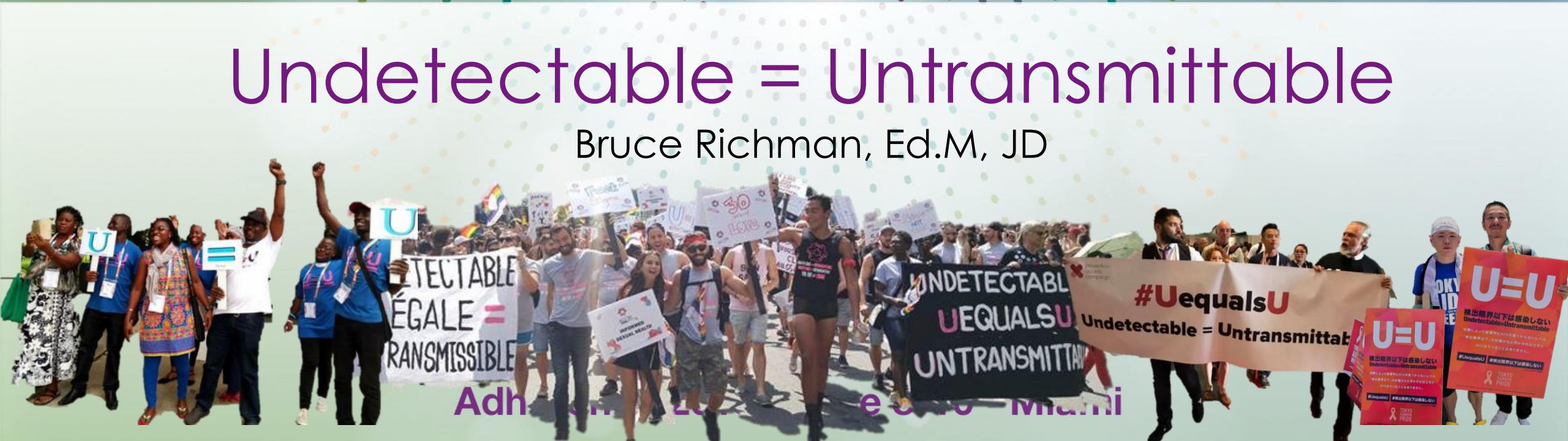
Undetectable = Untransmittable

Bruce Richman, Ed.M, JD

A large crowd of people is shown at a protest or rally. Many individuals are holding signs that read "Undetectable = Untransmittable" and "#UequalsU". Some signs also mention "Adherence" and "Viral Load". The crowd is diverse in age and ethnicity, and they are all smiling and cheering. The background is a bright, sunny day with a clear blue sky.

Undetectable = Untransmittable

Bruce Richman, Ed.M, JD

A large group of people, diverse in age and ethnicity, are participating in a protest or rally. They are holding various signs and banners. The most prominent signs read "Undetectable = Untransmittable" and "#UequalsU". Some signs also feature the Japanese text "検出限界以下は感染しない" (Below the detection limit, no infection). The background is a bright, sunny outdoor setting with a clear blue sky and some trees visible in the distance. The overall atmosphere is one of solidarity and activism.

Message

Movement



What is U=U?

Undetectable = Untransmittable.

People living with HIV who take their medications as prescribed and undetectable* viral load **will not transmit HIV** to sexual partners.

THIS IS A GAME CHANGER.

*under 200 copies/ml
(viral suppression)



#UEQUALSU | @PreventionAC

U=U

What is U=U?

In 1996 we learned effective treatment would **save our lives**.
Now know we **cannot transmit HIV** to our sexual partners.



THIS IS A GAME CHANGER.

What does U=U affect?



Social, sexual, & reproductive lives

What does U=U affect?



Social, sexual, & reproductive lives



HIV stigma: personal, community, clinical, & policy

What does U=U affect?



Social, sexual, & reproductive lives



HIV stigma: personal, community, clinical, & policy



Testing, treatment uptake, adherence, & retention in care

What does U=U affect?



Social, sexual, & reproductive lives



HIV stigma: personal, community, clinical, & policy



Testing, treatment uptake, adherence, & retention in care



Public health argument for universal access

What does U=U affect?



The most effective strategy to improve lives of people with HIV and bring us closer to ending the epidemic.

Study	Study details	Results	Date	Reference
San Francisco cohort	Clinical results from small cohort of HIV positive women using triple ART during pregnancy.	Transmission from mother to baby was reduced to approaching zero.	1998	Beckerman K et al. [3]
DHHS guidelines	Expert opinion included in evidence-based guidelines.	Theoretical plausibility of reducing transmission risk was used as a factor for early ART.	1998	DHHS guidelines. [4]
Ugandan cohort (Rakai)	Prospective observational cohort in ~400 serodifferent couples.	Zero transmissions when viral load was less than 1500 copies/mL.	2000	Quinn TC et al. [5]
Spanish cohort	Prospective observational study in 393 heterosexual discordant couples enrolled from 1991 to 2003 where the negative partner became HIV positive.	Zero transmissions in couples where the HIV positive partner was on ART with undetectable viral load. Cautions emphasised good adherence and no STIs.	2005	Castella A et al. [6]
Swiss Statement	Expert opinion and evidence review of >25 smaller studies looking at impact of ART on risk factors for HIV transmission.	Concluded that transmission would not occur undetectable with viral load.	2008	Vernazza P et al. [7]
HPTN 052	1763 serodifferent heterosexual couples randomised to immediate or deferred ART. Although condom use was high the impact of ART was highly significant.	All infections occurred in people with detectable viral load: n=17 in the deferred ART group and one early infection in the ART group before VL was undetectable. Follow-up reported out to four years.	2011	Cohen M et al. [8, 9]
PARTNER	Prospective observational European study in ~900 serodifferent couples who were not using condoms.	Final results reported zero transmissions after more than 58,000 times couples had sex without condoms when viral load was undetectable <200 copies/mL.	2014 (interim). 2016 (final)	Rodgers A et al. [10, 11]
Opposites Attract	Prospective observational study in 358 serodifferent gay male couples in Australia, Thailand and Brazil.	Zero transmissions when viral load was undetectable <200 copies/mL.	2017	Grulich A et al. [12]
PARTNER2	Extension of PARTNER study to collect additional follow-up in gay male couples.	Study is fully recruited and still ongoing (2014–2017).	Expected 2018.	[13]

TasP & U=U

TasP

- Pioneered in 2006 by Dr. Julio Montaner
- Foundation of U=U
- Using HIV treatment to *lower the risk of transmission*

U=U

- Pioneered in 2016 by a community of HIV activists, researchers, and AIDS organizations to easily convey the science
- Descriptive, prescriptive, and empowering

The critical studies



HTPN 052 (2011/2016)

PARTNER (2014/2016)

+ Opposites Attract (2015/2017)

**=nearly 80,000 acts of
sex without condoms**

And empirical evidence.



**ZERO
transmissions**

between people
living with HIV on
ART with an
undetectable viral
load and their HIV-
negative partners.

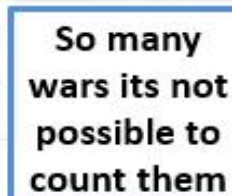
58,000

Sex acts without condoms

What's the risk?

Source: Professor Edwina J. Wright, Burnet Institute; ASHM

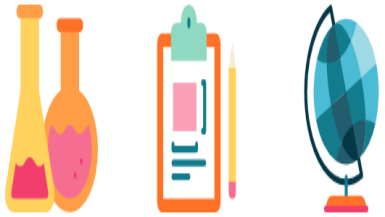
1684-2017



The science gap

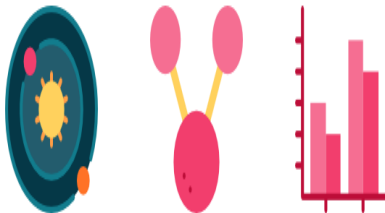


Aggregate of science doesn't have a publicist



The public learns from HIV info providers with potential:

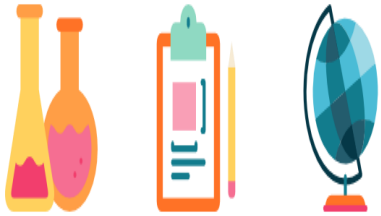
- lack of access to accurate information
- lack of expertise, authority, and disposition to draw a conclusion
- lack of communication skills to transfer knowledge to laypersons
- paternalism, prejudice, and intersectional stigma



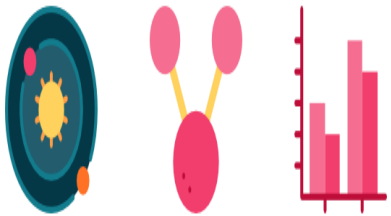
The science gap



September 22, 1862, President Lincoln issued the Emancipation Proclamation effective January 1, 1863.



June 19, 1865, announcement of the abolition of slavery and emancipation of enslaved African-Americans throughout the former Confederacy of the southern United States.



SisterLove, Inc.

The science gap



Historic and highly controversial message that change the lives people with HIV and their partners

– *without a caretaker.*

Movement



Bringing science to the people



Create a **consensus** of global experts

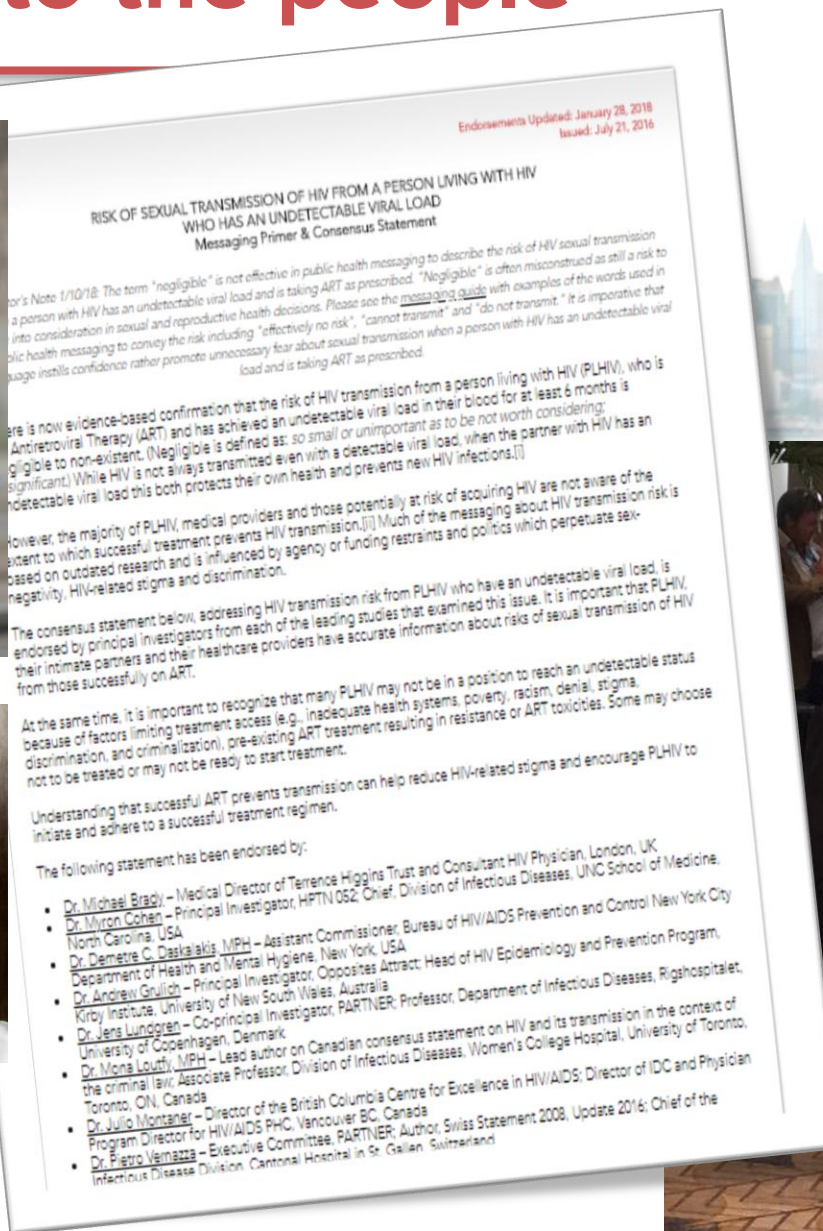


Recruit **influential people** and partners



Disseminate the message through a **network of partnerships**

Bringing science to the people



January through July 2016

#UequalsU

The science is clear:
Undetectable =
Untransmittable.
People living with
HIV with a sustained
undetectable viral
load do not transmit
the virus to others.



NASTAD

AIDS
United

HOUSING WORKS

HOW DO YOU BECOME UNDETECTABLE?

You don't need to be a superhero to do something powerful for yourself and your community.

By regularly taking the right medicine, you can lower the amount of virus in your blood (aka your **viral load**) to become Undetectable. And that's **a good thing!**

UNDETECTABLE = UNTRANSMITTABLE!

People who are Undetectable *cannot* transmit the virus to others. If you're undetectable, you both protect your own health and prevent new HIV infections. And many **experts** agree!

This doesn't mean you no longer have HIV—it means that by following your plan of treatment, you can live with HIV by managing it on your own terms.



Having an undetectable viral load for at least six months and continuing to stay on medication means you are not putting your partner at risk. Consider having an open conversation with your partner or a friend you can trust. Let them know how you're feeling, what you're scared of, and how they might be able to help you continue making healthy choices. Becoming undetectable is a process – so be patient with yourself, and ask others to do the same for you.

UNDETECTABLES

HOUSING WORKS



All of us here at CATIE, and indeed around the world, are celebrating **the most significant development in the HIV world since the advent of effective combination therapy 20 years ago** – people living with HIV with sustained undetectable viral loads can confidently declare to their sexual partners “I’m not infectious!” With or without a condom, if you’re undetectable you won’t pass along HIV!

This is an absolute **game-changer** and those who live with HIV can proudly share this information. At the same time, service providers working in HIV must get up to speed fast and share this far and wide with their communities.

 **HOUSING WORKS**



AIDS
United 

The Undetectable = Untransmittable news **must be shared widely with people with HIV and disseminated by medical providers, educators, and public health officials.**

AIDS United recommends That **providers and educators consistently share the message** that new evidence demonstrates that a person living with HIV who has a sustained, undetectable viral load cannot sexually transmit HIV to another person.

- 💣 **Dangers to public health**
- 💣 **Blood on your hands**
- 💣 **False prophets**
- 💣 **Unethical**
- 💣 **Dishonest**
- 💣 **Bullies**
- 💣 **Sexual predators**
- 💣 **Activists who want to have sex without condoms so badly they lie about the science**
- 💣 **U=U-so-white**
- 💣 **Only for the 1%**
- 💣 **People could be sued if they support or fund U=U**
- 💣 **Lacking science literacy**







#UEQUALSU | @PreventionAC
U=U

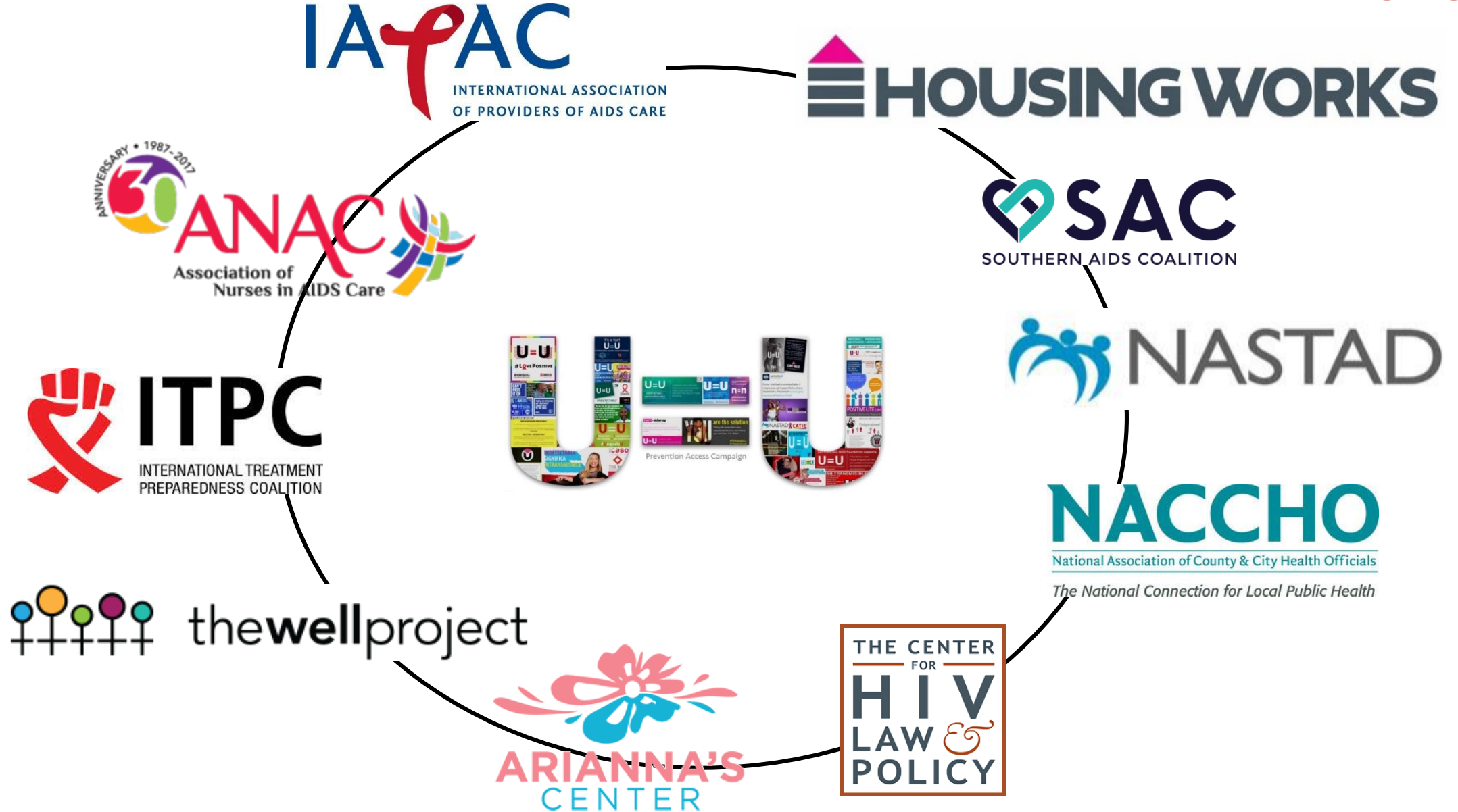
Source: www.preventionaccess.org/community

The global medical and scientific community at the forefront of HIV research and care came together in Paris for the ninth International AIDS Society Conference, where they announced – unequivocally – that an undetectable HIV viral load means HIV is untransmittable.



Dr. Julio Montaner, UBC-Killam Professor of Medicine; UBC-St. Paul's Hospital Foundation chair in AIDS Research (August, 2017)

Featured: Charles King (CEO Housing Works) Dixon Diallo (CEO Sister Love) Dr. Anthony S. Fauci (Director of US NIAID) Ambassador Deborah B. (PEPFAR) Luiz Loures (Deputy General of UNAIDS) Bruce Richman (Founder/Executive Director – Prevention Access Campaign - U=U Campaign)



U=U Public Health Bodies

United States

1. California Department of Health
2. Chicago Department of Public Health
3. Denver Public Health
4. Houston Department of Health & Human Services
5. Illinois Department of Health
6. Jefferson County Board of Health
7. Long Beach Health & Human Services
8. Los Angeles County Commission on HIV
9. Michigan Department of Health
10. Minnesota Department of Health
11. Nashville Metro Public Health Department
12. NYC Department of Health
13. New York State Department of Health
14. Washington DC Department of Health

France and Australia

1. City of Paris, France
2. State of Victoria, Australia

4/25/18



MetroPublicHealthDept
Nashville/Davidson County
Promoting and Protecting Health



LONG BEACH
HEALTH & HUMAN SERVICES



#UEQUALSU | @PreventionAC

U=U

Department
of Health



Denver Public Health

Houston Department of
Health and Human Services



JEFFERSON COUNTY
DEPARTMENT OF HEALTH





**CENTERS FOR DISEASE
CONTROL AND PREVENTION**



**“Effectively No Risk” of Sexual
HIV Transmission if Undetectable**



U.S. Department
of Veterans Affairs

Health

Benefits

Burials & Memorials

About VA

VA » Health Care » HIV/AIDS » Providers Home » Undetectable=Untransmittable

HIV/AIDS

Undetectable=Untransmittable: Effective HIV Treatment Prevents HIV Transmission

HIV Meds Updates

Susa Coffey, MD, HIV InSite Medical Editor

December 14, 2017

In September 2017, the U.S. Centers for Disease Control and Prevention (CDC) officially recognized that suppressing HIV through antiretroviral therapy (ART) prevents sexual transmission of HIV. In a "[Dear Colleague](#)" letter, CDC officials said, *"people who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner."*

The statement recognizes the reality that Undetectable equals Untransmittable, or U=U. This enormously important CDC declaration will hopefully enable HIV-positive persons and their HIV-negative partners to make well-informed decisions about their sexual health, and encourage medical providers to confidently discuss effective antiretroviral therapy (ART) as an evidence-based means of preventing HIV transmission.

The statement recognizes the reality that **Undetectable equals Untransmittable, or U=U**. This enormously important CDC declaration will hopefully enable HIV-positive persons and their HIV-negative partners to make well-informed decisions about their sexual health, and encourage medical providers to confidently discuss effective antiretroviral therapy (ART) as an evidence-based means of preventing HIV transmission.

An **international U=U campaign**, backed by more than 525 community partners from 70 countries, is disseminating information about the effectiveness of treatment as prevention.

The Washington Post

U=U is “the campaign credited with beginning to change public perception of HIV transmissibility.”



THE LANCET

U=U is a simple but hugely important campaign based on a solid foundation of scientific evidence. It has already been successful in influencing public opinion, causing more people with HIV (and their friends and families) to comprehend that they can live long, healthy lives, have children, and **never have to worry about passing on their infection to others.**

The CDC officially backing the science behind the campaign is another key step towards U=U being the most important message of 2017 in the fight against HIV.



#UEQUALSU | @PreventionAC

Tweets: NIH Office of AIDS Research & CDC Division of HIV/AIDS Prevention



Following



#DYK that people living w/ #HIV who take antiretroviral therapy daily and reach an undetectable viral load have effectively no risk of transmitting HIV to uninfected sexual partners? #UequalsU



3:09 PM - 2 Jan 2018

12 Retweets 21 Likes



CDC HIV/AIDS

@CDC_HIVAIDS

Following



#PLWH who take HIV medicine as prescribed and get and keep an undetectable viral load have effectively no risk of transmitting HIV to their HIV-negative sexual partners.

12:00 PM - 23 Dec 2017

45 Retweets 53 Likes



CDC HIV/AIDS

@CDC_HIVAIDS

Following



#PLWH who take HIV medicines as prescribed and obtain and maintain an undetectable viral load have effectively no risk of transmitting #HIV to their HIV-negative sexual partners. Learn more here: cdc.gov/hiv/risk/art/i...

10:12 AM - 4 Jan 2018

73 Retweets 76 Likes





Public Health
England

Having an undetectable viral load for 6 months or more means it isn't possible to pass the virus on during sex. **This is called undetectable=untransmittable (U=U)**, which can also be referred to as "treatment as prevention".

ART is now so effective that those who are treated and have an undetectable viral load (<200 copies) have levels of virus that are **untransmissible**, even if having sex without condoms.

This is sometimes referred to as **U=U (undetectable=untransmissible)**.

BHEKISISA

Health stories from across Africa



We finally have enough credible scientific evidence from several strong studies to convince us beyond any reasonable doubt: effective treatment and viral load suppression prevent HIV transmission.

Globally, this concept has become known as 'Undetectable equals untransmittable' or U=U.

The South African health department has already followed the science and guidelines now advise regular HIV testing and allow people to start ART immediately to help people achieve U=U.

“As the UK’s leading voice for HIV health professionals, our backing for U=U is unequivocal.”



nam **aidsmap**
HIV & AIDS - sharing knowledge, changing lives

#UequalsU

It's a fact
U=U


Undetectable equals untransmittable

British HIV Association **BHIVA**

prevention access campaign

The British HIV Association is proud to support the #UequalsU consensus statement of the Prevention Access Campaign

“As the UK’s leading voice for HIV health professionals, our backing for U=U is unequivocal.”

A photograph of two Black women in a clinical or office setting. The woman on the left is facing slightly to the right, wearing a white lab coat over a patterned top. The woman on the right is in profile, facing left, wearing a light-colored top. In the background, there is a door and a poster on the wall. A teal text box is overlaid on the bottom half of the image.

This concept of U=U **changes everything that we understood about the risk of HIV transmission and acquisition.** If you are living with HIV and your partner is HIV negative, you can conceive safely without any risk of HIV transmission

Dr. Sindisiwe van Zyl,
Clinician, Johannesburg, South Africa




The science behind U=U is overwhelming.
Having an undetectable viral load now means you can't transmit the virus through sex.

It sounds so simple but took a long time for researchers to be able to prove this – but what a wonderfully liberating finding U=U is for everyone living with HIV.

Professor Sharon Lewin

FRACP, PhD Director – Doherty Institute for Infection and Immunity. Co-Chair, Towards an HIV Cure Advisory Board (AS)

A photograph of Jacinda Ardern, Prime Minister of New Zealand, speaking into a microphone. She is wearing a black and orange patterned shirt, a gold watch, and large white circular earrings. The background is blurred, showing an outdoor setting with greenery and a crowd of people.

Recently there have been some big milestones in the fight against HIV. The first is the scientific evidence that people who are living with HIV and have been successfully treated cannot pass HIV on to their partners.... **U=U or 'undetectable equals untransmittable.'**

Prime Minister of
New Zealand Jacinda Ardern

U=U

#LovePositive

exæquo.be
AIDES



are the solution

Taking HIV medication daily suppresses the virus and means you can't pass it to others.

#UequalsU
DCTakesonHIV.com



Undetectable = Untransmittable
FACT: People with HIV who are on treatment with an undetectable viral load cannot pass on HIV during sex.
Today's medications help people with HIV stay healthy and protect their sexual partners.
Learn more about U=U at www.preventionaccess.org
SCIENCE=HEALTH
www.actupdublin.com

SCIENCE=HEALTH
ACT UP DUBLIN
#UequalsU
#ScienceNotStigma

CAN'T PASS IT ON

14 European countries
888 couples
58,000 acts of sex without condoms
ZERO HIV transmissions



PEOPLE ON EFFECTIVE HIV TREATMENT CANNOT PASS ON THE VIRUS. FACT.
CAN'T PASS IT ON

U=U
UNDETECTABLE = UNTRANSMITTABLE

U=U

UNDETECTABLE = UNTRANSMITTABLE

A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD DOES NOT TRANSMIT THE VIRUS TO THEIR PARTNERS.



nam aidsmap

HIV & AIDS - sharing knowledge, changing lives

"The scientific evidence is clear. Someone whose HIV is undetectable does not pose an infection risk to their sexual partners."

For information on HIV you can rely on: www.aidsmap.com

#UequalsU

U=U Undetectable Equals Untransmittable

It's a fact
U=U
Undetectable equals untransmittable
British HIV Association
prevention access campaign
The British HIV Association is proud to support the **#UequalsU** consensus statement of the Prevention Access Campaign

U=U thewellproject
UNDETECTABLE EQUALS UNTRANSMITTABLE

Undetectable = Untransmittable
Podporujemo!
Rise Up HIV

NIET DETECTEERBAAR
BETEKENT
NIET OVERDRAAGBAAR
n=n
UNINFECTIOUS
UNDETECTABLE
POSITIVE LITE.COM
Canada's Online HIV Magazine

INDETECTABLE SIGNIFICA INTRANSMISIBILE



IT'S A FACT: Undetectable = Untransmittable

People living with HIV, who are taking effective treatment, cannot pass on HIV through sex.

Undetectable equals untransmittable
Taiwan Lourdes Association is proud to support the **#UequalsU** consensus statement of the Prevention Access Campaign
露德協會非常榮幸地成為全球連署U=U共識的成員之一 (Undetectable = Untransmittable, 測不到=不具傳染力)

U=U
Planned Parenthood

HIV BELIRLENEMİYORSA BULAŞTIRILAMAZ. MI?
U=U
UNDETECTABLE UNTRANSMITTABLE



HOW DO YOU BECOME UNDETECTABLE?
You don't need to be a superhero to do something powerful for yourself and your community.

U=U
Undetectable = Untransmittable
non rilevabile = non trasmissibile
#UequalsU
My viral load is undetectable that means I can't "sexually" pass it on to my "FRIENDS"
nycHealthy @nycHealthy

If your viral load is undetectable, it means you can't pass HIV to others.
Treatment = Prevention! on.nyc.gov/staysure #PlaySure #TasP



San Francisco AIDS Foundation supports
U=U
Undetectable=Untransmittable!
#UequalsU
The science is clear: People living with HIV, who are on effective treatment, do not transmit HIV to sexual partners.

U=U
UNDETECTABLE MEANS UNINFECTIOUS
[+u]
NO TRANSMISSIBLE
DESPUÉS DE ALCANZAR NIVELES
I AM UNDETECTABLE I AM IN CONTROL
www.lovetolove.org



UNDETECTABLE = UNTRANSMITTABLE

Undeniable. Unifying.



We must embrace U=U to eliminate the stigma associated with treating people living with HIV as 'vectors of disease.' Promoting the U=U message in clinical and community settings will also generate treatment demand and contribute to achieving HIV epidemic control.

— José M. Zuniga, PhD, MPH
IAPAC President/CEO



www.IAPAC.org



HIV & AIDS – sharing knowledge, changing lives

"The scientific evidence is clear. Someone whose HIV is undetectable does not pose an infection risk to their sexual partners."

For information on HIV you can rely on: www.aidsmap.com

#UequalsU

U=U Undetectable
Equals Untransmittable



U=U

**UNDETECTABLE
=
UNTRANSMITTABLE**

A PERSON LIVING WITH HIV WHO HAS AN
UNDETECTABLE VIRAL LOAD DOES NOT
TRANSMIT THE VIRUS TO THEIR PARTNERS.

The International AIDS Society is proud to endorse the U=U consensus statement of the Prevention Access Campaign.

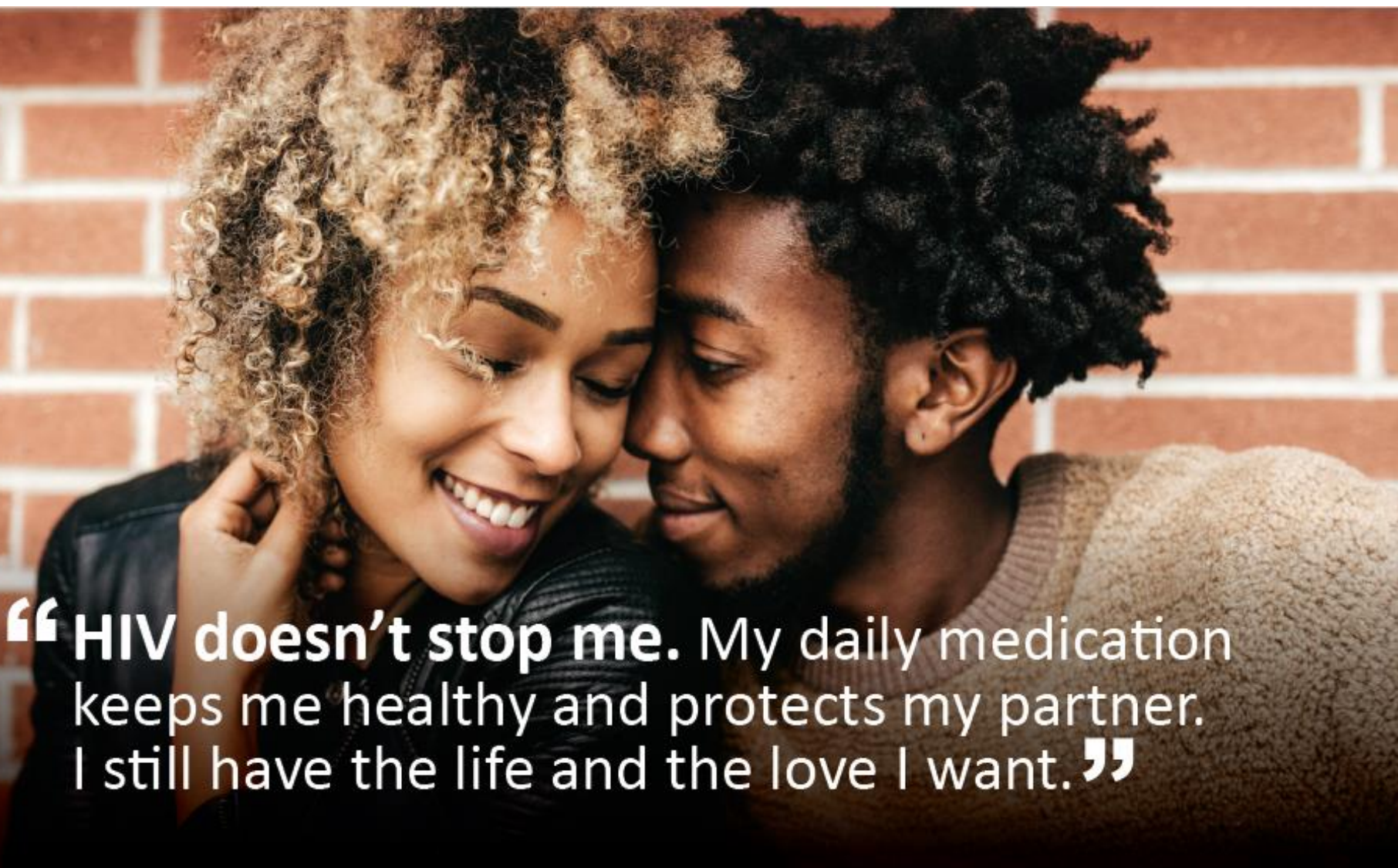


are the solution

Taking HIV medication daily suppresses the virus and means you can't pass it to others.

#UequalsU
DCTakesOnHIV.com





“HIV doesn’t stop me. My daily medication keeps me healthy and protects my partner. I still have the life and the love I want.”

Undetectable
EQUALS
Untransmittable

U=U

health.mn.gov/uu

m
DEPARTMENT
OF HEALTH



#UEQUALSU | @PreventionAC

U=U



Codman Square
Health Center



*PASSING **HIV** CAN BE
A THING OF THE PAST*

U = U

UNDETECTABLE

UNTRANSMITTABLE

A person taking HIV medication daily
cannot pass the virus.

FOR MORE INFORMATION, PLEASE VISIT CODMAN.ORG/UEQUALSU



#LIETEPProject

PRIDE for YOUTH
Creating Futures through pride
at Long Island Crisis Center

Health

UNDETECTABLE = UNTRANSMITTABLE

PRIDE for YOUTH

LIVING WITH HIV?
Taking HIV medication daily suppresses the virus and means you can't pass it to others

Need help getting effective treatment for HIV? Pride for Youth can help!

PRIDE for YOUTH
Creating Futures through pride
at Long Island Crisis Center

#LIETEPProject

UNDETECTABLE = UNTRANSMITTABLE

LIVING WITH HIV?

Taking HIV medication daily suppresses the virus and means you can't pass it to others

Need help getting effective treatment for HIV? Pride for Youth can help!
Call us today at (516) 679-9000 to get connected.

www.longislandcrisiscenter.org/prideforyouth

September 6 is National HIV & STI Action Day

Get Tested, Get Treated
Undetectable = Uninfectious



**Mount
Sinai**

*Institute for
Advanced Medicine*



Free HIV & STI Testing at Mount Sinai, 275 7th Ave, 12th floor, or see our testing calendar here:

<https://www.facebook.com/InstAdvancedMed/>



#UEQUALSU | @PreventionAC

U=U

IT'S A FACT:

**Undetectable =
Untransmittable**

**People living with HIV,
who are taking effective treatment,
cannot pass on HIV through sex.**



THE SCIENCE IS CLEAR:

People living with HIV,
who are on effective treatment,
do not transmit HIV
to sexual partners.

It's a fact: U=U

Undetectable equals Untransmittable



GLOBAL

#LetsEndStigma



**IT STARTS WITH ME.
I WON'T PASS ON HIV.**

I know that someone doing well on HIV medication can't pass it on. If everybody does their bit we can stop HIV.

Paída



Get tested. Stay protected. Find out how at:
StartsWithMe.org.uk

Produced by Terrence Higgins Trust for HIV PREVENTION ENGLAND.
Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 268527) and in Scotland (SC039986). Company reg. no. 1778149.



**I CAN'T
PASS ON HIV.**

**People on effective HIV
treatment cannot pass
on the virus.**



Get the facts
StartsWithMe.org.uk



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Photography by THOMAS KIRCHOFF

**CAN'T
PASS
IT ON**

**CAN'T
PASS
IT ON**

14 European countries

Terrence
HIGGINS
TRUST

888
couples



one HIV positive
and on treatment,
one HIV negative

58,000
acts of sex
without condoms



ZERO

HIV transmissions



"We're living proof
that HIV doesn't
have to stop you
finding love.
I'm healthy and
I can't pass HIV
onto Javier."
Trevor, with his partner Javier

**CAN'T
PASS
IT ON**

**PEOPLE ON EFFECTIVE
HIV TREATMENT
CANNOT PASS
ON THE VIRUS.**

FACT.

**CAN'T
PASS
IT ON**

Karim,
prof de danse

*Les séropositifs sous traitement
ont beaucoup de choses
à nous transmettre.
Mais pas le virus du sida.*




 **AIDES**
Membre de la Coalition
Internationale Sida 
aides.org



ARE U READY?

IF HIV IS
UNDETECTABLE
THEN IT'S
UNTRANSMITTABLE




U=U MEANS
ZERO RISK OF HIV

WE CAN HAVE GREAT SEX

IF HIV IS
UNDETECTABLE
THEN IT'S
UNTRANSMITTABLE

U=U MEANS
ZERO RISK OF HIV




  

DON'T WORRY

IF HIV IS
UNDETECTABLE
THEN IT'S
UNTRANSMITTABLE

U=U MEANS
ZERO RISK OF HIV

THEINSTITUTEOFMANY.ORG

WHAT DOES UNDETECTABLE MEAN?



#UEQUALSU | @PreventionAC

U=U



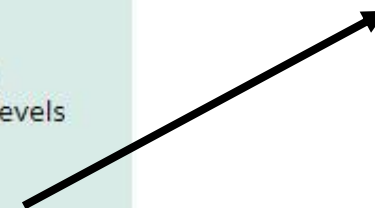
Avert >

- There is no risk of passing on HIV if your doctor has confirmed that you are undetectable (or virally suppressed), you continue taking your treatment and attend regular viral load monitoring appointments.



FAST FACTS:

- A person living with HIV is considered to have an 'undetectable' viral load when antiretroviral treatment has brought the level of virus in their body to such low levels that blood tests cannot detect it.
- There is no risk of passing on HIV if your doctor has confirmed that you are undetectable (or virally suppressed), you continue taking your treatment and attend regular viral load monitoring appointments.
- Being undetectable isn't a constant state and if you stop taking your medication then your viral load will go back up again.



9 in 10 HIV positive people

on treatment in the EU/EEA
achieved viral suppression



This means the virus is not detectable anymore
and cannot be transmitted



Undetectable = Untransmittable

FACT: People with HIV who are on treatment with an undetectable viral load cannot pass on HIV during sex.

Today's medications help people with HIV stay healthy and protect their sexual partners.

Learn more about U=U at www.preventionaccess.org


SCIENCE=HEALTH
www.actupdublin.com
Photo by Greater DAPC/View - Licensed under CC BY 3.0


SCIENCE=HEALTH



#UequalsU
#ScienceNotStigma

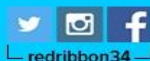


B = B U = U

"As Kırmızı Kurdele İstanbul (Red Ribbon İstanbul), we do activism on HIV in a society which even talking about sexuality is a high level taboo. This is why we give utmost importance to those scientific evidences that show HIV positive individuals with undetectable viral load are actually able to have a normal sexual life. Because all the explicit or implicit messages HIV positive individuals face refer they are dangerous for the others. But the results of the studies published in last two years tell us that, when viral load is undetectable with maintained medication, then it doesn't pose infection risk."

HEAR.
PREVENT.
PROTECT.

#redribbon34

HIV BELİRLENEMİYORSA
BULAŞTIRILAMAZ. MI?U = U
UNDETECTABLE
=
UNTRANSMITTABLE

#redribbon34

kirmizikurdele.org

NIET DETECTEERBAAR
BETEKENT
NIET OVERDRAAGBAAR

n = n

UNDETECTABLE
MEANS
UNINFECTIOUSUNDETECTABLE = UNTRANSMITTABLE
НЕДЕТЕКТАБИЛНО = НЕПРЕНОСЛИВО

Луѓето што живеат со ХИВ и имаат
недетектабилно вирусно оптоварување
не пренесуваат ХИВ
при сексуален однос.

Здружение за поддршка на луѓето живеат со ХИВ -
ЗАЕДНО ПОСИЛНИ Скопје



U=U



DIVERSIDAD
SALUD
COMUNIDAD



Indetectable = ¡Intransmisible!

Aquí hay buenas noticias que todos podemos celebrar: una persona con VIH que toma tratamiento antirretroviral (ART por sus siglas en inglés) y mantiene el virus suprimido a un nivel indetectable, no puede transmitir el VIH a sus parejas sexuales. La evidencia científica que apoya a este descubrimiento es sólida. Cada día más expertos en temas de salud pública como los representantes del Departamento de Salud e Higiene Mental de la Ciudad Nueva York, se unen a la campaña para que el público conozca que "indetectable" equivale a "intransmisible" (*Undetectable = Intransmissible*, U = U, en inglés).

Como una persona que vive con VIH, creo que la mejor razón para comenzar y permanecer en ART es que un tratamiento eficaz controla el virus, y nos mantiene saludables. Ahora también sabemos que permanecer indetectable nos libera del temor de transmitir el VIH a otros. Esta noticia nos puede liberar del estigma autoimpuesto, cambiar el modo en que los demás nos visualizan, eliminar la vergüenza y darnos confianza en nosotros mismos para disfrutar de vidas saludables y positivas al sexo, que incluyan tener hijos si queremos y tener relaciones sexuales sin temor a poner a nuestras parejas en riesgo. ¡De hecho, la pareja sexual

más segura en la ciudad con VIH que tiene es la que es indetectable. Indetectable proporciona una nueva oportunidad para la prueba del VIH. Housing Works y el Departamento de Salud e Higiene Mental de la Ciudad Nueva York están entusiasmados con esta noticia y quieren que la voz de las personas con VIH sea escuchada. Así como a sus parejas. Sobre todo, ayúdanlos a presionar para que las personas con VIH tengan acceso a un tratamiento eficaz y necesario para así permanecer indetectable - para así prevenir el SIDA. ¡Y recuerda: Sigue en tratamiento. Diviértete.



K = K

KHÔNG PHÁT HIỆN
=
KHÔNG LÂY TRUYỀN

"Bằng chứng khoa học là rõ ràng. Một người có tải lượng virus không phát hiện được trong máu của họ không có nguy cơ lây nhiễm cho bạn tình của họ."

- Bản tuyên bố của NAM
aidsmap (Tháng Hai năm 2017)

KHÔNG
P H Á T
H I Ê N



=



KHÔNG
L Â Y
T R U Y Ê N




U=U

検出限界以下は感染しない
Undetectable=Untransmittable


治療によって血液中にHIVが見つからないレベル
「検出限界以下」の状態が6か月かそれ以上だと
HIVはうつることはありません。

#UequalsU **#検出限界以下は感染しない**

ハッシュタグで検索!

 **TOKYO RAINBOW PRIDE**

NHS.UK "Your health, your choices" <https://www.nhs.uk/conditions/hiv-and-aids/prevention/>



HIV 傳染途徑

HIV 病毒會經由

- 性接觸
- 血液
- 母乳
- 針具

那些液體含有的病毒量較高?

- 血液
- 精液
- 母乳
- 淚液
- 唾液
- 汗液

U=U
Undetectable=Untransmittable
測不到=不具傳染力

篩檢與自我風險評估

HIV 陽性或陰性

無論篩檢的結果為陽性或陰性，都應繼續採取預防措施，以保護個人健康。

HIV 陽性

未經治療的 HIV 病毒，可能會損害身體的運作，使個人難以過著正常的生活。

HIV 陰性

篩檢 HIV 病毒，可讓個人了解自己的健康狀況，使個人能採取預防措施，以保護個人健康。

何種行為會增加風險?

- 與 HIV 陽性者發生性行為時，不戴安全套。
- 共用針具。
- 與 HIV 陽性者發生性行為時，不戴安全套。
- 與 HIV 陽性者發生性行為時，不戴安全套。
- 與 HIV 陽性者發生性行為時，不戴安全套。



تكوين في التربية العلاجية

بالعلاج **الـ VIH**

مايتراش = مايتعدّاش





Undetectable = Untransmittable

Podporujeme!



Připojujeme se k prohlášení Prevention Acces campagne. Které přináší informace s komentáři odborníků o tom, že riziko přenosu viru HIV z HIV pozitivní osoby, která užívá antiretrovirovou léčbu a na základě krevního testu má prokázanou nulovou (nezjistitelnou) virovou nálož po dobu alespoň 6 měsíců je zanedbatelné, nebo lépe řečeno neexistuje.



НЕТ НАГРУЗКИ – НЕТ ПЕРЕДАЧИ!

Исследования говорят о том, что если лечение работает, и вирусная нагрузка неопределяемая, ВИЧ не передается половым путем. Это не означает, что использовать презерватив больше не нужно, ведь существуют и другие инфекции. Но это значит, что если лечение эффективно, вы не рискуете здоровьем своего партнера! Обязательно прочитайте об этих исследованиях: <http://bit.ly/2Eu9DUO>





HO L'HIV. NON SONO CONTAGIOSA.

Le evidenze scientifiche dimostrano che le persone con HIV, che seguono regolarmente la terapia e hanno carica virale non rilevabile, non trasmettono il virus.

Con la terapia, oggi
noi possiamo.

#UequalsU



www.lila.it

HO L'HIV. NON SONO CONTAGIOSO.

Le evidenze scientifiche dimostrano che le persone con HIV, che seguono regolarmente la terapia e hanno carica virale non rilevabile, non trasmettono il virus.

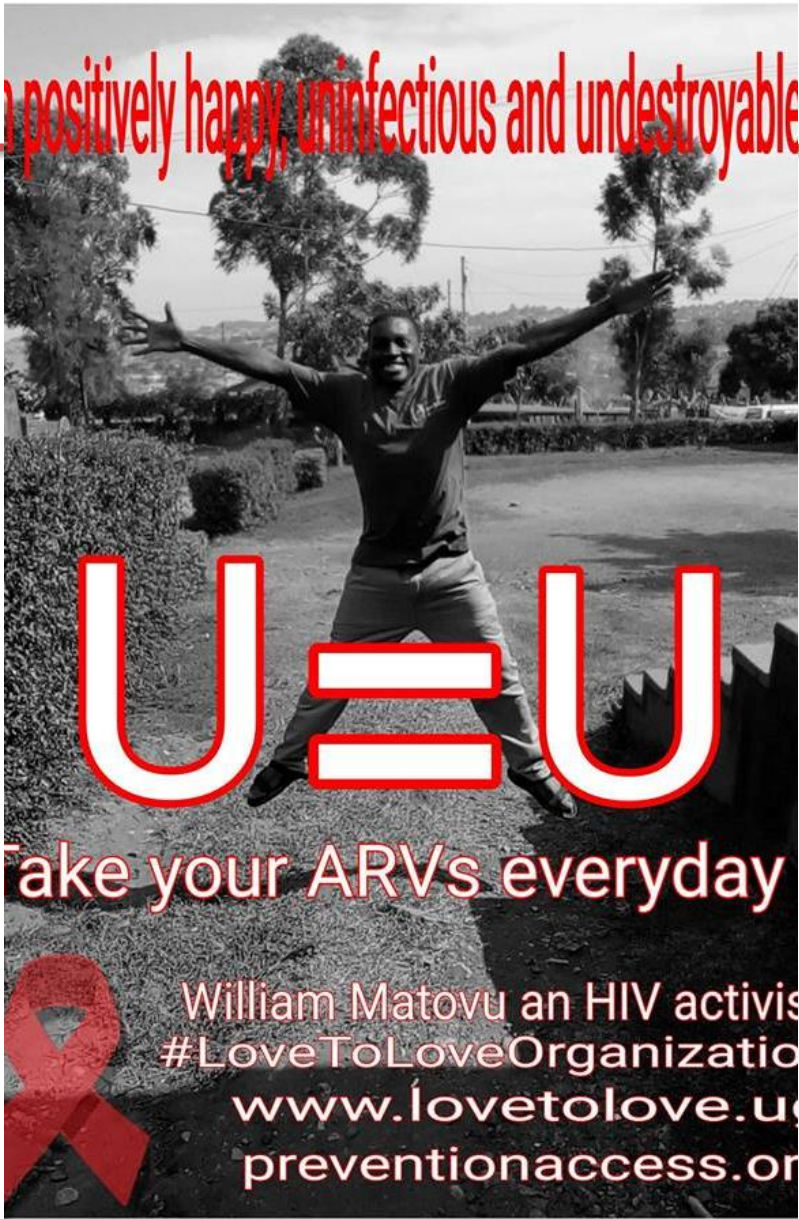
Con la terapia, oggi
noi possiamo.

#UequalsU



www.lila.it


positively happy, uninfected and undestroyable



U=U

Take your ARVs everyday

William Matovu an HIV activist
 #LoveToLoveOrganization
www.lovetolove.org
preventionaccess.org



I am Victor Claros +. I am HIV positive
 I am a grand traveler
 I am an activist
 but guess what? I am also.



HIV UNDETECTABLE and..

U=U

Undetectable = Untransmittable

By Victor Claros

Undetectable
 Untransmittable



uptohiv

more about #UEqualsU visit www.preventionaccess.org



≡ Sign in

Help Center > Sexual Health Resource > Resources
(English)

What is Undetectable = Untransmittable (U=U)?

Science has confirmed that when a person living with HIV is undetectable, they're not only healthier, they also *cannot pass HIV to anyone else*. Or, Undetectable = Untransmittable (U=U).

This is a landmark development in the history of HIV. It means that people living with HIV who are undetectable have no reason to fear passing on the virus to sexual partners. People living with HIV are a part of the solution to ending HIV just by taking the medicine they take every day to stay healthy.

Check out www.uequalsu.org





New Zealand AIDS Foundation
Te Tūāpapa Mate Āraikore o Aotearoa



#UEQUALSU | @PreventionAC

U=U





#UequalsU



U NDETECTABLE = NTRANSMITTABLE

“For too long, people living with HIV have felt ostracized and isolated as a result of the fear-based myths surrounding HIV/AIDS. The science is clear, and we’re glad to join more than 500 organizations in support of the U=U Consensus Statement. Interventions and the approach to HIV should be based on science – not stigma.”

DAVID PIONTKOWSKY, VICE PRESIDENT HIV/HBV MEDICAL AFFAIRS

 **GILEAD** Learn more about U=U and read the full Consensus Statement here: preventionaccess.org/consensus



“
**NAPO HAS BEEN AND
CONTINUES TO BE AN ADVOCATE
FOR THE HIV COMMUNITY
AND THEIR HEALTHCARE
PROVIDERS THROUGH OUR
ENDORSEMENT
OF THE U=U CONSENSUS STATEMENT.**

**LISA CONTE, CEO,
NAPO PHARMACEUTICALS**



WORLD

Best moment of the year for HIV awareness



On National Gay Men's HIV/AIDS Awareness Day, the [Centers for Disease Control and Prevention \(CDC\)](#) for the [first time publicly agreed](#) that someone with HIV who has an undetectable viral load cannot transmit the virus sexually. This was the culmination of the tireless work of advocates and activists who had been placing relentless pressure on the federal agency for years. In an [unexpected letter](#) on September 27, the CDC stated: "that people who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner."



Best Media Campaign for People Living With HIV:
"U=U" (Prevention Access Campaign)

Best HIV patient advocacy organization



[Prevention Access Campaign's #UequalsU](#) continues to be the biggest movement and news in 2017 in the HIV community. "U=U" stands for "Undetectable equals untransmittable." It's about spreading the message that those living with HIV who have an undetectable viral load for at least six months aren't capable of transmitting HIV to a sexual partner, even in the absence of condoms. Over the past 18 months, the campaign received more than 500 endorsements from international AIDS service organizations, government agencies, and leading and respected researchers.



POZ Awards 2017

Best Media Campaign for People Living With HIV:

"U=U" (Prevention Access Campaign)



10 Things To Know About HIV Suppression

Development of antiretroviral drugs to treat HIV has turned what was once an almost always fatal infection into a manageable chronic condition. Daily antiretroviral therapy can reduce the amount of HIV in the blood to levels that are undetectable with standard tests. Staying on treatment is crucial to keep the virus suppressed. NIAID-supported research has demonstrated that achieving and maintaining a “durably undetectable” viral load (the amount of HIV in the blood) not only preserves the health of the person living with HIV, but also prevents sexual transmission of the virus to an HIV-negative partner.

What is viral suppression?

Antiretroviral therapy keeps HIV from making copies of itself. When a person living with HIV begins an antiretroviral treatment regimen, their viral load drops. For almost everyone who starts taking their HIV medication daily as prescribed, viral load will drop to an undetectable level in six months or less. Continuing to take HIV medications as directed is imperative to stay undetectable.

What does it mean to be durably undetectable?

Taking antiretroviral therapy daily as prescribed to suppress HIV levels leads to an “undetectable” status. A person is considered to have a “durably undetectable” viral load if their viral load remains undetectable for at least six months after their first undetectable test result. It is essential to continue to take every pill every day as directed to maintain an undetectable viral load.

Does being durably undetectable mean that the virus has left my body?

Even when viral load is undetectable, HIV is still present in the body. The virus lies dormant inside a small number of cells in the body called viral reservoirs. When therapy is halted by missing doses, taking a treatment holiday, or stopping treatment, the virus emerges and begins to multiply, becoming detectable in the blood again. This newly reproducing virus is infectious. It is essential to take every pill every day as directed to achieve and maintain a durably undetectable status.

How does being durably undetectable affect my risk of transmitting HIV to a sexual partner?

People living with HIV who take antiretroviral medications daily as prescribed and who achieve and then maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner.

HIV Undetectable = Untransmittable (U = U)

Medicines to treat HIV can eliminate the risk of sexual transmission. In August 2016, the New York City (NYC) Health Department **agreed** with other public health and medical organizations that people with HIV who maintain an undetectable viral load for at least six months do not transmit HIV through sex. In September 2017, the **Centers for Disease Control and Prevention** and the **New York State Department of Health** (PDF) agreed with this finding, which is known as “Undetectable = Untransmittable,” or “**U = U**”.

[How does HIV treatment prevent HIV transmission?+](#)

[What does “undetectable” mean? +](#)

[How do we know that “Undetectable = Untransmittable”?+](#)

[How do I get my viral load to be undetectable?+](#)

[If I am HIV-negative, should I avoid having sex with people who have HIV?+](#)

[If my partner tells me they have an undetectable viral load, should we still use condoms?+](#)

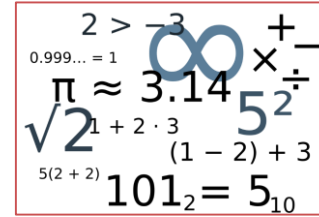
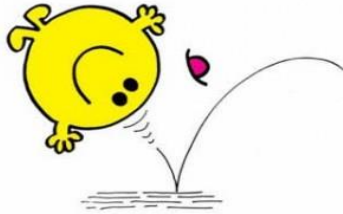
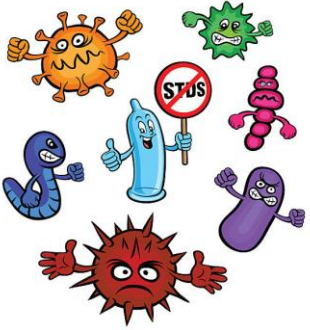
[If I am on HIV treatment, should my partner be on PrEP?+](#)

[What else can I do to prevent getting or passing HIV and other STIs?+](#)

More information

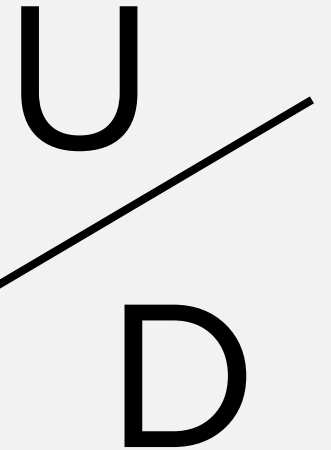
- [Dear Colleague Letter to Providers on HIV Undetectable = Untransmittable](#) (PDF)
- [Information for Providers on HIV Undetectable = Untransmittable](#)
- [Prevention Access Campaign FAQ on U = U](#)

Common concerns



U=U & HIV Criminalization

- Part of the modernization toolbox
- Defense/parole in individual cases vs the potential negative impact if leading argument in policy reform
- U=U advocates and those working in crim reform need clear guidance
- Disclosure laws

A large graphic on a light gray background. It features a large black letter "U" above a diagonal slash, and a large black letter "D" below the slash, representing a comparison or contrast between "U" and "D".

Key points in messaging – clarity

Minor word changes have a profound impact.

Be consistent and clear.

Reduce anxiety.

Increase the pleasure associated with adherence and retention in care.

“Might” “Low risk” “Just in case”

Vs.

“Won’t” “No risk” “You don’t need to worry”

Can’t pass it on
Don’t transmit
Effectively no risk
Zero risk
Prevents HIV

Vs.

Extremely unlikely
Nearly impossible
Almost no risk
Close to zero
Helps prevent

The “nuances” of the message



Take your meds as prescribed



Stay in care

Details:

<200 copies/ml

Six months

Only sexual transmission

Part of the sexual health toolbox

Be mindful of the *viral divide*

“The science really does verify and validate $U=U$.”

“From a practical standpoint, the risk is zero. So, don't worry about it.”

ect
and Treatment

$$U = U$$

Dr. Anthony S. Fauci

September, 2017

[Imstilljosh]

Join the revolution!

Treat HIV stigma as a **public health emergency**
and U=U as an **effective response**

- ✓ *Communicate U=U loud and clear*
- ✓ Sign on as a U=U Community Partner
- ✓ Conduct and support U=U research
- ✓ Conduct a forum, demonstration or march
- ✓ Join the movement on social media - #UequalsU

Thank you!





nam aidsmap

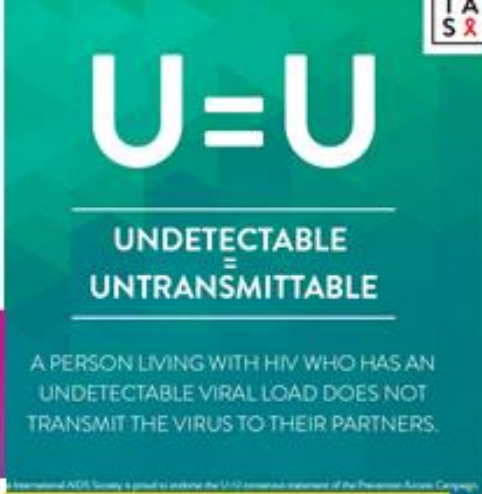
HIV & AIDS - sharing knowledge, changing lives

"The scientific evidence is clear. Someone whose HIV is undetectable does not pose an infection risk to their sexual partners."

For information on HIV you can rely on: www.aidsmap.com

#UequalsU

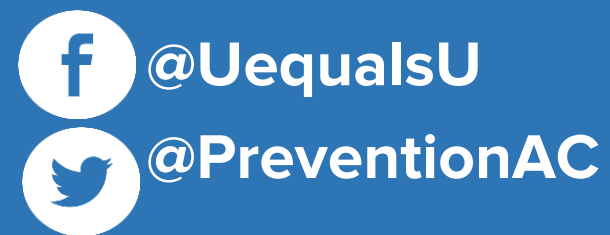
U=U Undetectable Equals Untransmittable



A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD DOES NOT TRANSMIT THE VIRUS TO THEIR PARTNERS.



THANK YOU!
www.uequalsu.org



@UequalsU

@PreventionAC

#UequalsU



WHAT DOES U=U MEAN TO YOU?

YOUNG WOMEN SPEAK

Lucy Wanjiku Njenga, Team Leader - Positive Young Women Voices





Who is telling young people about U=U?

Not many young people know what U=U mean and those that do have not heard it from a doctor, a care provider or a physician.

They have heard from a pal or read it online.

Why is the message of hope not being given when it can clearly change lives?

Here is what some of the young people
believe U=U means...



U=U I believe this is a message of hope to those living positively. It is the success that comes along with adherence. The victory after all those days you feel like the drugs were a burden. With this, young women can lead a life without worry of infecting their partners

Daisy



U=U should be advocated for and the powerful knowledge behind it. If the WHO makes this U=U a real situation so many relationships and families will be saved.

Laura



I think U=U in general is a great diagnosis for people living with HIV, a new ray of sunshine and hope for us to continue adhering properly to treatment, while at the same time enjoying our healthy lives and sexual lives without fear of transmission even to our children as women living with HIV.

What now needs to be done is to ensure U=U can reach the general public, the communities at the grassroots level where stigma is most, to break the myth that a PLHIV is always infectious and susceptible/vulnerable/weak to infections and diseases!



U=U gives young people who acquired HIV through vertical transmission like me a sense of 'normalness'. For the first time, I am not afraid of infecting someone else because I am virally suppressed!! I can finally have a fear free relationship. I am the safest relationship any guy can have!!

Gracy



My undetectable viral load=zero transmission of HIV:- I do not know about you, but this words brings joy to my heart!! I feel like it's the best reward of me being adherent! Also my partner doesn't have to worry much if a condom bursts! I hope the society will really embrace this. It is way to go to having a non - Stigmatization society!!!

Victor



Personally speaking when I got to know about the U=U, it was a great relief. I knew Stigma among discordant couples will reduce and we all can marry whoever we want without the fear of transmission, of which we still need more sensitization

Brenda



Everyone needs to understand you might be HIV infected but NOT infectious, because U=U is an advocacy strategy to prevent HIV transmission and stigma reduction. Reducing stigma will improve rates of HIV Testing, new diagnosis and early treatment. This is the future. Open the conversation.

What can we do?

- ✓ Make the message explode so it gets to the deepest parts of the country
- ✓ Provide simple educational materials on social media and in clinics
- ✓ Teach about viral load testing and what undetectable means for health and prevention
- ✓ Teach advocates to use U=U to argue for treatment and viral load testing
- ✓ Hold information providers accountable not just in Kenya but all over the world – UNAIDS, WHO



nam aidsmap

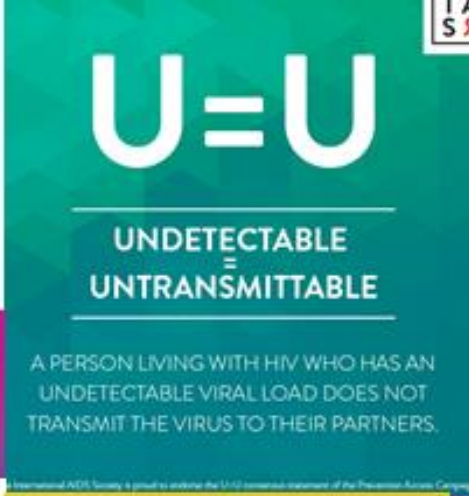
HIV & AIDS - sharing knowledge, changing lives

"The scientific evidence is clear. Someone whose HIV is undetectable does not pose an infection risk to their sexual partners."

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#UequalsU

U=U Undetectable
Equals Untransmittable



A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD DOES NOT TRANSMIT THE VIRUS TO THEIR PARTNERS.



THANK YOU!

www.uequalsu.org



@UequalsU



@PreventionAC

#UequalsU