

# STAYING IN HIV CARE

## THE PATH TO U=U (UNDETECTABLE = UNTRANSMITTABLE) CONVERSATION MAP™



Welcome to the STAYING IN HIV CARE PATH

CONVERSATION TOPICS

**WHAT IS HIV?**  
 HIV is a virus that attacks cells that help the body fight infections. If left untreated, HIV can lead to AIDS. No HIV cure exists. By taking HIV medicines, or antiretroviral therapy (ART), HIV can be controlled. People living with HIV who achieve viral suppression on their ART can live long, healthy lives and prevent transmitting the virus to their sexual partners.

MYTHS

FACTS

DENIAL

Frustration  
 Anger  
 Overwhelmed  
**FEELINGS & EMOTIONS**  
 Scared  
 Embarrassment

ACCEPTANCE

Need Help?

Emotional Support Centers

CLEARING A PATH TO ACCESS

Improved Quality of Life

THE SCIENCE BEHIND U=U

**SUCCESS**

**U=U**  
 people with HIV who achieve and maintain an undetectable viral load (the amount of HIV in the blood) by taking antiretroviral therapy (ART) daily as directed cannot sexually transmit the virus to others

"Near-Normal" Life Expectancy

Decrease in Mother-to-Child Transmission

Community Center

Integrated Health Services

Delivering HIV Care Where People Live

Adherence Tools

Welcoming, Friendly, Non-Judgmental and Stigma-Free Environments

Good Relationship Between Care Provider and Client

Peer Navigators

Transport Assistance

HELPING YOU RETURN TO HIV CARE

Communication Technology

Bridge to Re-Engagement in HIV Care

REASONS FOR DROPPING OUT OF HIV CARE

FOREST OF CONFUSION

FAILURE IS NOT AN OPTION

**WHAT IS ART?**  
 Antiretroviral therapy (ART) is a combination of drugs to effectively treat HIV.  
 Successful ART leads to viral suppression, or a level of virus in the blood that is "undetectable."  
 When ART is taken as prescribed and viral suppression is achieved, it can both:  
 - Slow disease progression, including opportunistic infections  
 - Prevent HIV transmission to sexual partners, known as U=U  
 ART is simple to take, highly effective, and has few to no side effects.  
 ART is available in most health facilities and cost-free in many countries.

EVOLVING WORLD OF HIV

**WHY IT MATTERS**  
 Average Lifespan of...

A person without HIV	74
A person living with HIV diagnosed at age 20 taking current HIV medicines	32 Years