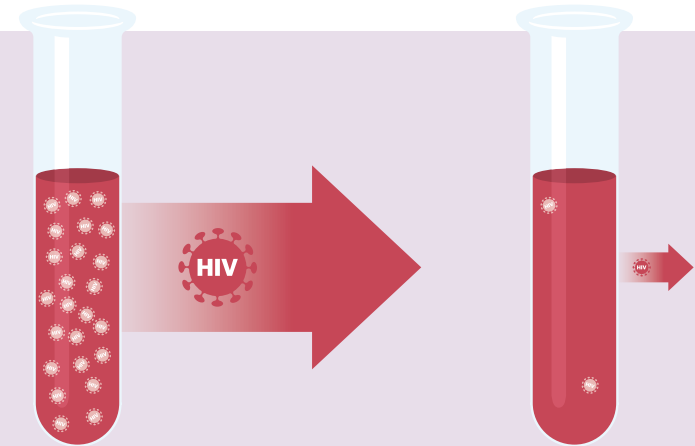


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Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

The basics

Transmission and viral load



This leaflet is available in large format as a PDF.
Call NAM on 020 7837 6988.



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Due for review in 2020
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If you need extra copies of this leaflet, or would like to translate, adapt or reproduce it, please contact us.

Notes

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Want to find out more?

For more information on this topic

- Read our 'Undetectable viral load' leaflet.
- Read our 'Viral load and transmission - a factsheet for people with HIV' factsheet.
- Read our 'HIV & sex' booklet.

For more information about HIV

- Visit our website www.aidsmap.com.
- Speak to an adviser at THT Direct (phone: 0808 802 1221).

For information in other languages

- Visit www.aidsmap.com/translations.

Has this leaflet been useful to you?

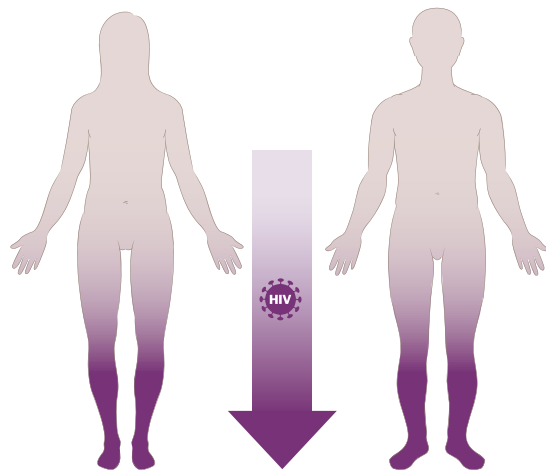
Please let us know what you think. Your feedback helps us to improve the services we offer.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

When people with HIV are taking anti-HIV drugs and have an undetectable viral load, it is extremely unlikely that they will pass HIV on to someone else.

HIV treatment stops the virus from reproducing and **reduces the amount of HIV in the body**. The amount of HIV is measured by a blood test called a 'viral load' test.



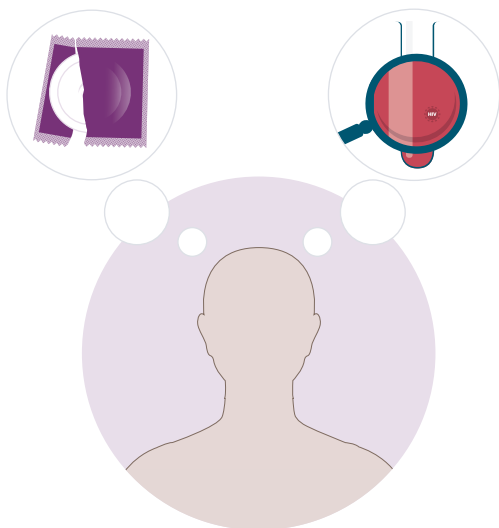
When someone has an **undetectable viral load**, this means that there is hardly any HIV in their body fluids.



When there is hardly any HIV in semen and vaginal fluids, **it is extremely unlikely that HIV will be passed on during sex** - even if condoms aren't used.



If you or your partner has HIV, you may want to **take viral load into consideration when making decisions about sex**.

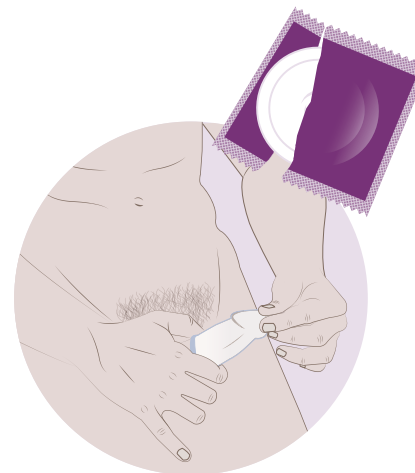


Not everyone taking treatment has an undetectable viral load, particularly if they:

- Started treatment in the last few months; or
- often take their treatment late or miss doses.



An undetectable HIV viral load **won't stop other sexually transmitted infections being passed on**. Using condoms lowers the risk.



Important points

- An undetectable viral load shows that HIV treatment is working well and that there is very little HIV in body fluids.
- In this situation, the risk of HIV being passed on is extremely low.
- If you want to stop using condoms, it is important that both you and your partner are comfortable with the decision.