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

nam aidsmap

The basics

Undetectable = Untransmittable (U=U)

For more information on this topic

- Read our 'Undetectable viral load' leaflet.
- Read our 'Undetectable viral load and HIV transmission' page.
- Read our 'HIV & sex' booklet.

For information in other languages

- Visit www.aidsmap.com/languages

Other titles in The basics series

- Taking drugs on time
- CD4 and viral load
- Transmission and the law

For more information about HIV

- Visit our website www.aidsmap.com
- Speak to an adviser at THT Direct **0808 802 1221**

Has this leaflet been useful to you?

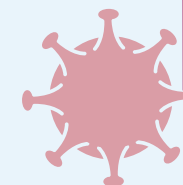
Please let us know what you think. Your feedback helps us to improve the services we offer.

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

U = U

Undetectable equals Untransmittable



Effective HIV treatment stops HIV from being passed on (transmitted) during sex. That is what 'Undetectable = Untransmittable' (U=U) means.

U=U

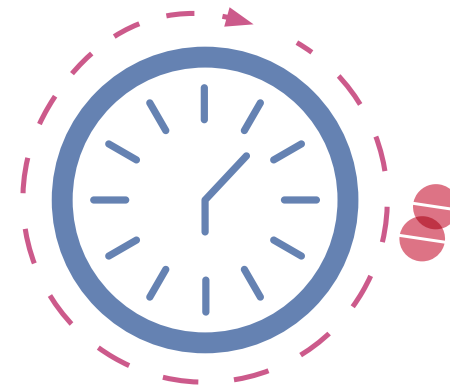
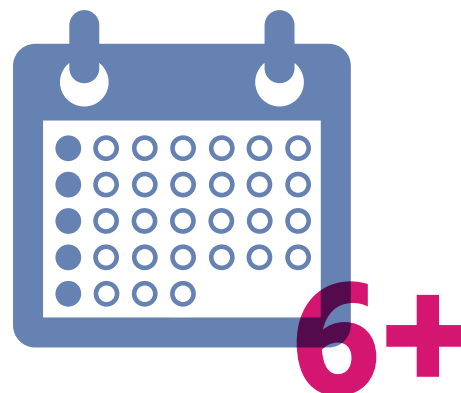
Undetectable equals Untransmittable

If you are taking HIV treatment and have an undetectable viral load, you will not pass HIV on during sex.



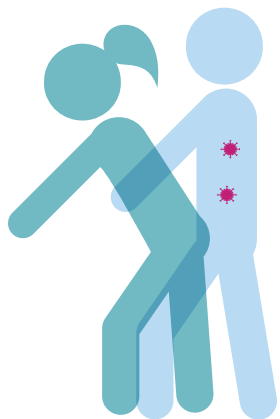
You can rely on an undetectable viral load if:

- your viral load has been undetectable for at least **six months;**
- and you don't miss doses of your treatment.

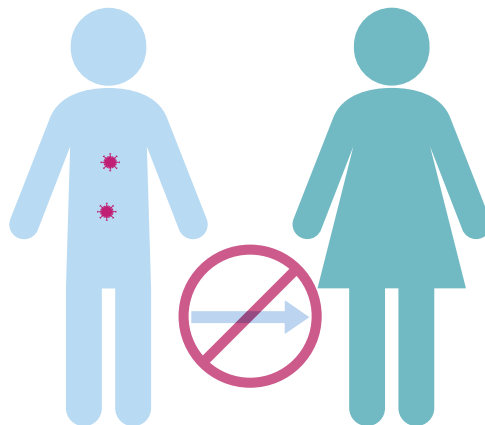


We know this from scientific studies of couples where one partner had HIV and the other did not.

The couples had sex without a condom 130,000 times.



There were no cases of HIV being passed on.



You do not need to use condoms to prevent HIV transmission when your viral load is undetectable. But condoms will help to prevent other sexually transmitted infections.



Important points

- If you have had an **undetectable viral load for at least six months** and you continue to take your treatment as prescribed, there is no risk of passing HIV on during sex.
- This is why people say 'undetectable = untransmittable' (U=U).