



U=U Undetectable Equals Untransmittable

How Can You Prevent HIV Transmission?

“Undetectable” means...

there are less than 200 copies of the HIV virus found in a 1 mL of blood from a person living with HIV. Being undetectable is the same as being virally suppressed.

There are multiple factors that can affect how long it takes someone to become undetectable: the medication being used, the viral load when they start taking medication (the higher it is when they start, the longer it takes to bring the viral load back down), taking medication as prescribed, and their overall health.

How long does it take to become undetectable?

By taking HIV medicine as prescribed, most people can get an undetectable viral load within 6 months.



Note: U=U only applies to HIV and not other STIs, like chlamydia, gonorrhea, and syphilis. These STIs are curable, and you can find STI services at the QR code below.



Have questions? Need HIV services?

Scan the QR code to locate services or contact syndemic.coordination@tn.gov

“Untransmittable” means...

Untransmittable means that people living with HIV who achieve and maintain an undetectable viral load, including people who use drugs, *cannot* transmit HIV through sex.

Research also suggests that having an undetectable viral load can also help prevent HIV transmission through the sharing of injection drug equipment.

How long does it take to become untransmittable?

After reaching an undetectable viral load, a person is considered untransmittable once they maintain being undetectable for at least 6 months.



So, what is “u=u”?

And Why is it important?

The “U=U” campaign promotes the message that **individuals living with HIV who take medication to achieve and maintain an undetectable viral load cannot transmit HIV to their sexual partner(s).** This message is vital to combating HIV-related stigma and empowering people to enter and remain engaged in HIV care.



Combining Strategies

There are so many strategies to prevent HIV - talk to your provider and see what works best for you!

Combining strategies makes them more effective. Whatever strategies you choose, be sure you use them correctly and consistently.