



What is U=U?

- Undetectable = Untransmittable (U=U) means that a person living with HIV with an undetectable viral load* **cannot** pass the virus on to sexual partners, even if a condom is not used.
- U=U is 100% effective** at preventing HIV transmission and is true for all people who have an undetectable viral load regardless of the type of sex.

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Why is U=U important?

- U=U has the power to reduce HIV incidence in communities, cities, and countries. U=U is key to ending the HIV epidemic in the U.S.
- U=U is more than just health: it's about peace of mind, improved quality of life, and engaging in sexual pleasure without fear of transmitting HIV. People living with HIV have a right to know about U=U.
- Evidence shows* that knowledge of U=U has been linked to improved treatment adherence and viral suppression, both of which are important for the health of people living with HIV and for ending the HIV epidemic.
- Research shows** that knowledge of U=U among people who do not have HIV, or do not know that they have it, encourages testing for HIV.
- Knowledge of U=U reduces HIV stigma*

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