



undetectable = untransmittable



People with HIV who take their medication as prescribed and have an undetectable viral load stay healthy and cannot pass HIV to their sexual partners.

The California Department of Public Health (CDPH), Office of AIDS, considers **undetectable = untransmittable (U=U)** to be a powerful prevention tool in ending the HIV epidemic. It affirms that people with HIV can have healthy sexual relationships.



U=U Facts:

- An undetectable viral load means that the level of HIV in a person's blood is so low that it cannot be detected by a lab test. Having an undetectable viral load is a vital part of staying healthy.
- A person with an undetectable viral load cannot sexually transmit HIV. Scientific studies including heterosexual and gay couples from 2008 – 2018 have shown that there are no HIV transmissions when the partner with HIV is on medication with an undetectable viral load.
- Although an undetectable viral load prevents HIV transmission, condoms are still important to protect against sexually transmitted infections and unintended pregnancy.



Other Facts:

- People who are HIV negative can take PrEP to prevent HIV infection.
- Everyone living in California can access HIV prevention, care, and treatment services by asking a medical provider or by checking into the programs below.



My first realization that **undetectable = untransmittable** blew my mind. It makes taking my meds a key part of HIV prevention. It makes stigma easier to deal with. At last, I feel like a success after my decades-long battle with HIV.

- Bob Reed
Long-Term Survivor & Activist

These programs can help eligible individuals start or stay in HIV care and access HIV prevention services for little to no cost:

- **HIV Care Program:** www.cdph.ca.gov/programs/cid/doa/pages/oa_care_program.aspx
- **AIDS Drug Assistance Program:** www.cdph.ca.gov/Programs/CID/DOA/Pages/OAadap.aspx
- **California PrEP Assistance Program (PrEP-AP):** www.cdph.ca.gov/programs/cid/doa/pages/oa_adap_enroll_prepap.aspx
- **Please PrEP Me:** www.pleaseprepme.org