

Getting to

U = U

UNDETECTABLE = UNTRANSMITTABLE

Building Hope,  
Stopping HIV Transmission



# The road to undetectable



1

Get tested for HIV. Getting tested for HIV is the only way to know whether you are HIV positive or negative.

2

If you test positive for HIV, you should start treatment as soon as possible. Once you start taking HIV treatment, you are on your way to being undetectable.

3

HIV treatment can reduce the amount of HIV in the blood (viral load suppression) and can make HIV undetectable. By taking HIV treatment as prescribed, most people can get an undetectable viral load within 6 months.

4

To find out if your viral load is suppressed, consult your healthcare provider on how previous viral loads were or when viral load blood should be drawn to test the amount of HIV in your blood. The test results give you a good idea of whether the amount of HIV is high or low.

5

If it is low (<40 copies or Target not detected (TND)), congratulations you are undetectable. But you are still HIV+ which is why you need to continue taking your HIV treatment as prescribed. The good news is that you are healthy and cannot transmit HIV to your sexual partners.

6

You are doing well. Wherever you are on your HIV journey always take your HIV treatment as prescribed and visit your healthcare provider and ask more on U=U.

To find out more about U=U, visit <https://quickres.org/assessment/264> to book an appointment with one of our healthcare providers.



U=U is an initiative of IntraHealth Namibia made possible by the generous support of the American people through the United States Agency for International Development (USAID) and the U.S. President's Emergency Plan for AIDS Relief (PEPFAR).

