

U=U

Undetectable = Untransmittable

“My Viral Load is **undetectable**, that means **I cannot pass HIV** to my sexual partners”

Building Hope,
Stopping HIV Transmission



To find out how, visit <https://quickres.org/assessment/264> to book an appointment.



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When an HIV positive person takes their treatment as prescribed, their viral load is suppressed and that means they **cannot transmit** HIV to their sexual partners.

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Taking ART as prescribed reduces HIV in your body so you don't transmit the virus to your sexual partners

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#1



Full red beads

This person is not on HIV treatment and the virus has taken over their body. If you let HIV get to this stage, your body becomes weak and struggles to fight any illness.

#2



Black with red beads

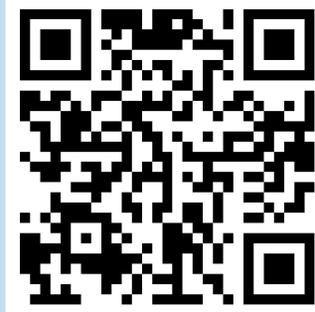
Red is the HIV infection in the body. This person is on treatment, but they do not take their HIV treatment as prescribed. At this stage, you might be feeling normal—you think nothing is wrong with you. But not only is HIV increasing in your body, you are infecting others.

#3



Full black beads

This is a strong, healthy body of someone who takes their HIV treatment daily and on time, as prescribed. This person cannot pass on HIV to their sexual partners.



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