

How else can I prevent getting and passing HIV and other STIs?



Get an HIV test. A positive test is an opportunity to treat HIV, stay healthy and prevent HIV transmission to others. A negative test gives you the chance to discuss ways to stay negative, like using condoms, taking daily PrEP or taking emergency PEP.



Get tested regularly for other sexually transmitted infections (STIs). STIs may not cause you to show symptoms, but they can increase an HIV-positive person's viral load or make it easier for the virus to enter an HIV-negative person's body.



Learn more at [cdc.gov/hiv/basics](https://www.cdc.gov/hiv/basics)



**KITSAP PUBLIC
HEALTH DISTRICT**

**Need HIV resources in Kitsap,
Jefferson, or Clallam counties?**
We can help! Call Kitsap Public
Health District at **360-728-2235**.



U = U

**Undetectable equals
untransmittable.**

The science is clear. People living with HIV can feel confident that if they have an undetectable viral load (for at least 6 months) and take their medications as prescribed, they will not pass on HIV to sexual partners.



**KITSAP PUBLIC
HEALTH DISTRICT**

U=U offers freedom and hope.

For many people living with HIV and their partners, U=U opens up social, sexual, and reproductive choices they never thought would be possible. It is an unprecedented opportunity to transform the lives of people with HIV and the field of HIV prevention:

- **Reduces shame and fear** of sexual transmission and opens up possibilities for conceiving children without alternative means of insemination.
- **Dismantles HIV stigma** on the community, clinical and personal level.
- **Encourages people living with HIV** to start and stay on treatment to keep them and their partners healthy.
- **Offers a strong public health argument** for universal access to diagnostics, treatment and care to save lives and bring us closer to ending the epidemic.



However, millions of people living with HIV do not know about U=U and many do not have access to the testing, treatment and care they need to achieve and maintain an undetectable viral load.

U=U must be widely communicated to improve the lives of people with HIV and bring us closer to ending the epidemic. There are hundreds of thousands of people with HIV in the U.S. and millions more worldwide who are suffering with the belief that they're infectious.

Learn more about the global U=U campaign at preventionaccess.org

How does HIV treatment prevent HIV transmission?

Antiretroviral medicines control HIV very effectively. They do not cure HIV or remove the virus from the body, but if taken every day, as prescribed, HIV medicines stop the virus from multiplying. This prevents the virus from damaging the immune system and stops sexual transmission to others.

What does "undetectable" mean?

Undetectable means that the level of HIV in a your blood is so low that it cannot be measured. **When your viral load is undetectable, you cannot pass HIV to others through sex.**

How do I get my viral load to undetectable?

If you have HIV, take antiretroviral medicines as prescribed by your health care provider. After you start your medicine your provider will take blood samples to determine when the level of HIV in your blood has become undetectable. Once you have been undetectable for 6 months you will not sexually transmit HIV as long as you take your antiretrovirals and maintain an undetectable status.