

CAN'T PASS IT ON

HIV treatment stops HIV transmission

HIV cannot be passed on through sex when a person living with HIV is on treatment and the amount of HIV in their blood remains very low.

When HIV treatment lowers the amount of virus in the blood to less than 200 copies per milliliter of blood, it is called **viral suppression**. When someone is virally suppressed, they cannot pass on HIV to others through sex.^{1,2,3,4,5,6}

VIRAL SUPPRESSION



Less than
200
copies/ml

Undetectable = Untransmittable (U=U)

The U=U message was created to promote the science that shows **how HIV treatment can prevent HIV from being passed through sex.**

Undetectable viral load means that the level of HIV in a person's blood is so low that it **does not show up in standard tests.**

Due to ongoing advances in testing, the exact amount of HIV that is "undetectable" may continue to change, so it is important to remember that **any test result that shows a number less than 200 copies/ml means that HIV cannot be passed on.**



Viral load

Refers to **the amount of HIV in the blood**. Regular viral load testing every 4 to 6 months is the only way to know if an individual has reached **viral suppression**.

Highly effective treatments are available to manage HIV. HIV treatment not only helps people living with HIV to stay healthy, but it also prevents HIV from being passed on to others.



For more information, visit Canada.ca/HIV.

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