

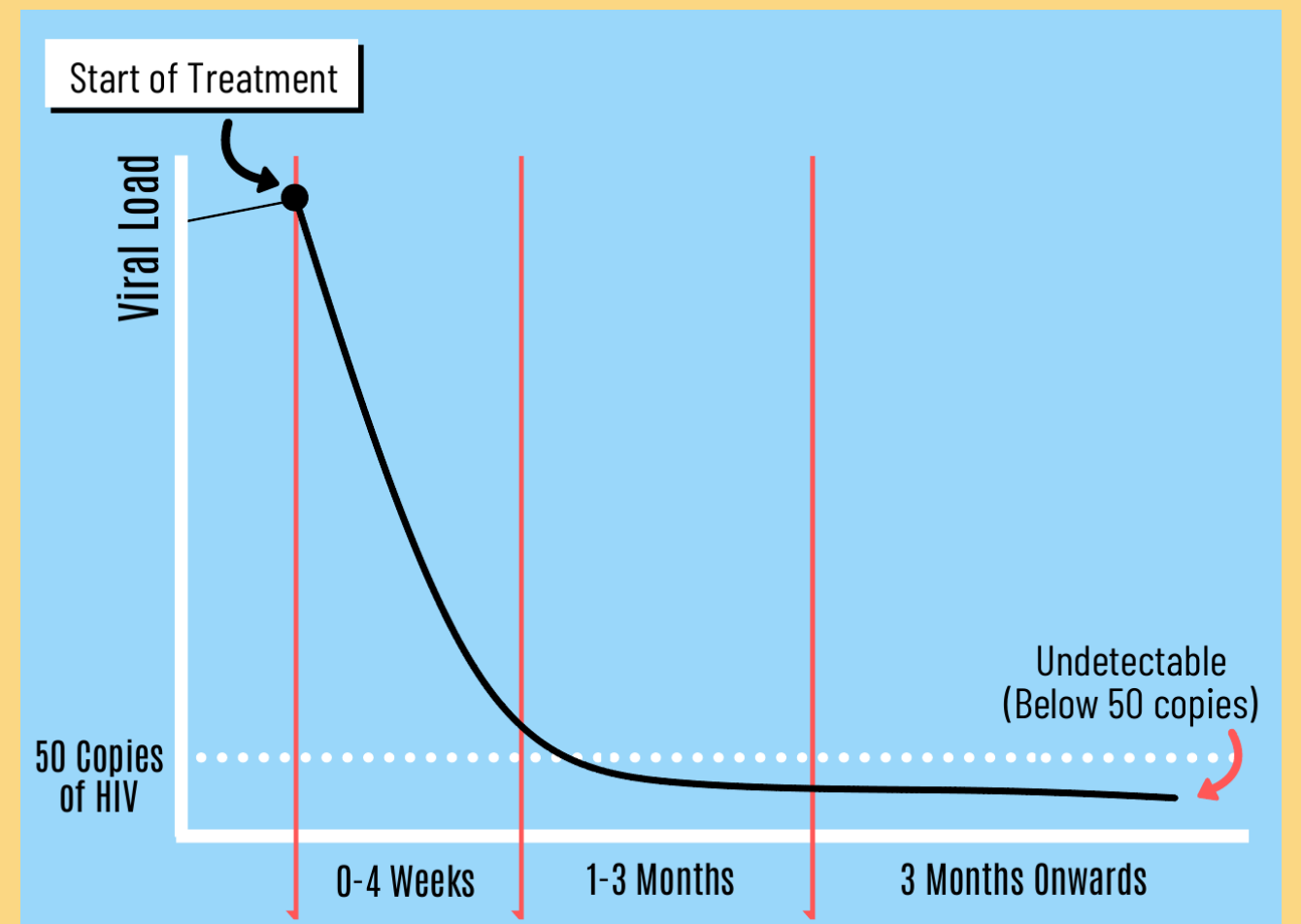
THE SCIENCE OF U=U

Anti-Retroviral Therapy (ART)



People living with HIV (PLHIV) can have and maintain an undetectable viral load by taking effective HIV medication daily.

Viral Suppression



Within 1-2 days, medication blocks replication of cells with HIV. The viral load drops by 90%, and even further to 99% by the 4th week.

Consistent Doctor Visits



Monitor your CD4 count to ensure you have a healthy immune system and an undetectable viral load (<50 copies of HIV/ml of blood).

Undetectable = Untransmittable

If you are a person living with HIV and have an undetectable viral load, there is:

No risk

of transmitting HIV during sex to a partner without HIV.

<1% risk

of transmission to infant during pregnancy, labour, and delivery.