

## How Do I Get and Keep an Undetectable Viral Load?

## Are There Additional Prevention Options Available?

Getting and keeping an undetectable viral load prevents HIV transmission during sex. But there are situations when either partner may want to use additional prevention options.

- Using condoms can help prevent some other STDs.

- Using condoms or having your partner take PrEP (pre-exposure prophylaxis) can provide added peace of mind.

- Also consider using additional prevention options if you

  - Are unsure that you have an undetectable viral load;

  - Are having trouble keeping an undetectable viral load; or

  - Missed some doses since your last viral load test, stopped taking your medicine, or have

    - trouble taking your medicine regularly.

Get tested for other STDs and encourage your partner to do the same. HIV treatment doesn't protect against other STDs like syphilis and gonorrhea, and other STDs can increase the chance of getting HIV or passing it to others.

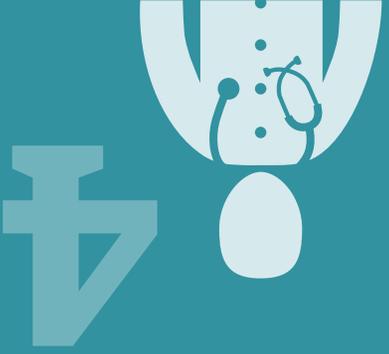
Take your HIV medicine as prescribed.

- Most people can get the virus under control within 6 months of starting treatment.

- Missing some doses can increase your viral load and the risk of transmitting HIV. Talk to your health care provider about ways to follow your treatment plan.

See your provider regularly to check your viral load.

- Not everyone taking HIV medicine has an undetectable viral load. Getting your viral load tested regularly is the only way to know if you have an undetectable viral load.



If you delay HIV treatment, the virus will continue to harm your immune system and put you at higher risk for getting sick or even dying. Delaying treatment will also increase the chance of transmitting HIV to your sexual partners.



- Let your health care provider know if you or your partner is pregnant or thinking about getting pregnant. They will determine the right type of HIV medicine that can help prevent transmitting HIV to your baby.
- Talk to your health care provider about any medical conditions you may have or any other medicines you are taking.
- HIV medicine is recommended for all people with HIV, regardless of how long they've had the virus or how healthy they are.

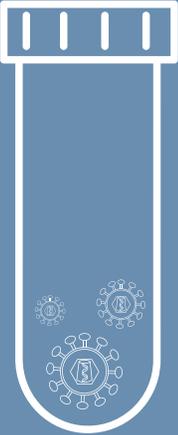
Start HIV treatment as soon as possible after you find out you have HIV.



## What is HIV Treatment?

- HIV treatment involves taking medicine that reduces the amount of HIV in your blood (called **viral load**).
- HIV medicine can make the viral load so low that a test can't detect it (called **undetectable viral load**).
- Having an undetectable viral load (or being virally suppressed) is the best thing you can do to stay healthy.
- If your viral load stays undetectable, you have **effectively no risk** of transmitting HIV to an HIV-negative partner through sex.

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For more information on HIV treatment, visit [www.cdc.gov/hiv/basics/livingwithhiv/treatment.html](http://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html) and for general information about HIV call **1-800-CDC-INFO (232-4636)**.

## HIV Treatment Is HIV Prevention

Taking HIV medicine every day can keep you healthy and protect your partners.

