

# YOUR ROADMAP TO UNDETECTABLE

You've been diagnosed with HIV.  
Where do you go from here? Follow our  
roadmap to help you live well with HIV.



## GET IN CARE

Once you receive a diagnosis of HIV, the most important next step is to start taking HIV medicine to treat it as soon as possible.

- Find health care providers who make you feel comfortable and supported.
- They will help you stay informed about your HIV care and connect you to other services.



## GET ON TREATMENT

Getting on HIV treatment is the best thing you can do for your overall health and the first step to getting an undetectable viral load.

- HIV care and treatment is most effective when you actively take part.
- That means taking your medications as prescribed, going to your medical appointments, and communicating honestly with your health care provider.



## STAY IN CARE

Once you are on a treatment plan, work with your health care provider toward getting and keeping an undetectable viral load.

- This means the amount of HIV in your blood (viral load) is so low that a test can't detect it.
- Having an undetectable viral load is the best thing you can do to stay healthy.



## STAY UNDETECTABLE

People with HIV who take HIV medicine daily, as prescribed, and get and keep an undetectable viral load have effectively no risk of transmitting HIV to their HIV negative partners during sex.

- Most people can get an undetectable viral load within 6 months of starting HIV treatment.
- Many will become undetectable very quickly, but it could take more time for some.
- The only way to know if you are undetectable is by visiting your provider and getting tested regularly.



Learn more at: [cdc.gov/stophivtogether](https://cdc.gov/stophivtogether)

[cdc.gov/HIVTreatmentWorks](https://cdc.gov/HIVTreatmentWorks)  
#HIVTreatmentWorks