Becoming undetectable starts with HIV treatment.

LET'S STOP HIV TOGETHER

CDC

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Ending the HIV Epidemic

If you are living with HIV, the most important thing you can do is to get on HIV treatment.

The sooner you get on treatment, the sooner you can reach an undetectable viral load.

Staying healthy is the ultimate goal of HIV treatment, and being undetectable is one of the best things people with HIV can do to stay healthy.

Achieving and maintaining an undetectable viral load prevents HIV transmission to your HIV-negative partner through sex.

You and your partner may also consider adding other prevention options such as condoms or pre-exposure prophylaxis or PrEP.

If you're taking medicine to treat HIV, visit your healthcare provider regularly and always take your medicine as directed to keep your viral load as low as possible. To find a healthcare provider near you, visit **locator.hiv.gov.**

HIV TREATMENT WORKS. STAY IN CARE AND LIVE WELL.

cdc.gov/HIVTreatmentWorks