



# Undetectable is Prevention

Taking antiretroviral therapy to achieve and maintain an undetectable viral load enables patients with HIV to stay healthy. It also helps prevent transmission to others, which is known as treatment as prevention.

Three landmark studies have shown that treatment prevents sexual transmission of HIV.<sup>1-4</sup> Across all three studies, there were no linked HIV transmissions observed between mixed-HIV-status partners when the partner with HIV was virally suppressed (defined in these studies as having a plasma HIV RNA viral load less than either 200 or 400 copies/mL).

Health care providers who treat patients with HIV have an important role in supporting HIV prevention. Because a patient's needs may change over time, health care providers should engage patients in brief conversations at every visit to discuss the treatment and prevention steps each patient is taking.

Educating patients about the value of treatment as prevention can help them manage their HIV. Engaging patients in routine, brief conversations about treatment as prevention can also help health care providers become more familiar with each patient, including their adherence and transmission risk.

Tools from the Centers for Disease Control and Prevention can help foster discussions between providers and patients about HIV treatment, care, and prevention.

Learn more at [cdc.gov/HIVNexus](https://cdc.gov/HIVNexus) | #TalkUndetectable



Ending  
the  
HIV  
Epidemic

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2. Cohen MS, Chen YQ, McCauley M, et al. Antiretroviral therapy for the prevention of HIV-1 transmission. *N Engl J Med.* 2016;375:830-839.  
3. Rodger AJ, Cambiano V, Bruun T, et al. Sexual activity without condoms and risk of HIV transmission in serodifferent couples when the HIV-positive partner is using suppressive antiretroviral therapy. *JAMA.* 2016;316(2):171-181.  
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