

# UNDETECTABLE VIRAL LOAD:

## WHAT IS IT, AND WHAT DOES IT MEAN FOR MY SEX LIFE?

People living with HIV, who are on effective antiretroviral therapy (ART) and with an undetectable viral load for more than six months, cannot sexually transmit HIV.

Antiretroviral treatment works by reducing the amount of the virus in the blood to undetectable levels. **This means the levels of HIV are so low that the virus cannot be passed on to anyone else.** This is called having an undetectable viral load or being undetectable. ART not only helps keep you healthy but helps protect your partner(s) too.

It can take up to six months for some people to become undetectable from when they start treatment. Doctors are confident that you can remain untransmissible as long as you:

- take your medication every day, as prescribed
- have your viral load checked regularly

Some countries have limited access to viral load testing, so speak to your doctor or healthcare provider about this.

## UNDETECTABLE = UNTRANSMITTABLE!

If you're living with HIV, stay on track with your treatment and viral load testing. There has been no evidence that HIV can be transmitted from a partner with an undetectable viral load.

