

(U=U)

**Undetectable = Untransmittable**



**What does Undetectable =  
Untransmittable mean?**

U=U means that when someone has HIV but takes their medicine regularly, their HIV becomes so low that it can't be found in their blood. This means they can't pass HIV to others through sex. Some people call this "treatment as prevention."

## **What is a viral load?**

A viral load is how much HIV in your blood.

## **What does it mean to have an undetectable viral load?**

It means that there is so little HIV in your blood that it can't be found in a small sample.

## **So, I can't sexually transmit HIV sexually if I am undetectable?**

As long as you take your medicine like your doctor says and stay undetectable, you won't pass HIV to someone else.

## **How do I get my viral load to be undetectable and keep it that way?**

1. Take your medicine like your doctor tells you to.
2. See your doctor regularly and get blood tests.
3. If you need help staying undetectable or getting your medicine, talk to your doctor or social worker.

## **Do I need to use condoms if I am undetectable and untransmittable?**

Being undetectable means you won't give someone HIV, but you can still get other infections (STIs) or have a baby if you're not careful. Condoms can help protect against those things.

## **If my partner is HIV negative, should they use PrEP or other preventative methods?**

It's smart to talk about how to stay safe with your partner. They should talk to their doctor about their options and pick what's best for them.

## **Worried about your risk for HIV?**

MetroHealth's highly trained infectious disease specialists are here to help. Visit [metrohealth.org/infectious-disease](https://metrohealth.org/infectious-disease) or call 216-778-8305.

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