

ENDING
HIV

Stamp out Scepticism about U=U



STAY HEALTHY

Emphasise that remaining HIV undetectable means you cannot transmit HIV and helps you live a better quality of life.



MAINTAIN UNDETECTABLE

A durable undetectable viral load requires high levels of adherence and regular viral load testing.



AVOID VIRAL REBOUND

If you stop taking HIV treatment, viral rebound can occur within 1 - 2 weeks and you may pass HIV to your sexual partners.



ACHIEVE UNDETECTABLE

It may take up to 6 months of HIV treatment to bring HIV down to undetectable.



THINK ABOUT STARTING (OR RESTARTING) HIV TREATMENT AS SOON AS POSSIBLE

Both newly diagnosed with HIV and those previously diagnosed but not taking ART should get on treatment.

SUPPORT THOSE LIVING WITH HIV

INFORM ALL PATIENTS



THE NEED FOR REGULAR STIS TESTS

Even if they believe they have no symptoms, this keeps themselves and their sexual partners healthy.



THE EVIDENCE BASE BEHIND U=U

The research is clear, no HIV-positive person who was HIV undetectable and on treatment passed HIV to their HIV-negative sexual partner.



U=U

People who keep their HIV viral load at an undetectable level by consistently taking HIV medications will not pass HIV to others through sex.



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