

# THE JOURNEY TO UNDETECTABLE



Ending the HIV Epidemic



HIV medicine can reduce the amount of HIV in your blood (called viral load) to a level so low that a test can't detect it. This is known as an **"undetectable viral load"** or **"undetectable."**

If you have HIV, you should take medicine to treat HIV as soon as possible to:

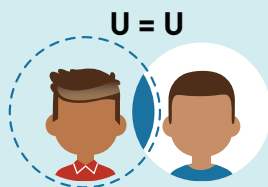


Improve your overall health.



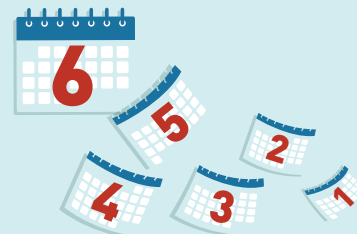
Prevent transmitting HIV to other people.

Getting and keeping an undetectable viral load is the best thing people with HIV can do to stay healthy. If you get and keep an undetectable viral load, you will not transmit HIV to a partner through sex. This is also called "U=U," or "Undetectable = Untransmittable."

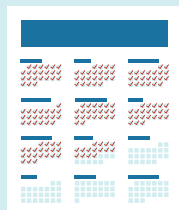


Once you start taking HIV medicine, you are on your journey to being undetectable.

By taking medicine as prescribed, most people can get an undetectable viral load within **6 months**.



The longer you are undetectable, the more likely you will stay undetectable.



Not everyone taking HIV medicine is undetectable.



The **only way to know** if you are undetectable is by visiting your provider regularly.

Best ways to **keep** an undetectable viral load and stay healthy:

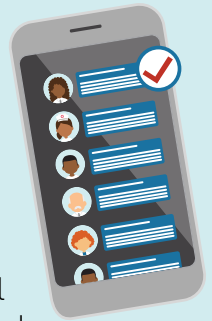


**Take your medicine as prescribed.**



**Visit your provider regularly.**

To help you stay on your journey, it's important that you find a provider who makes you feel comfortable and supported. This includes other health care professionals involved in your treatment.



Getting and keeping an undetectable viral load prevents HIV transmission during sex, but there are reasons why you and your partner may consider adding other prevention options like condoms and pre-exposure prophylaxis or PrEP.



**Difficulty keeping an undetectable viral load.**



**Missed doses of medicine since last viral load test.**



**Protection from other sexually transmitted diseases, like syphilis and gonorrhea.**



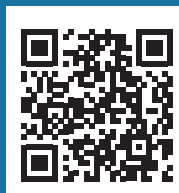
**You or your partner want added peace of mind.**

## YOU CAN DO THIS!



Wherever you are on the journey to undetectable, staying in treatment will improve your health no matter what challenges you may face along the way. Reach out to family and friends who support you on your journey.

[cdc.gov/StopHIVTogether](https://www.cdc.gov/StopHIVTogether)  
**#JourneyToUndetectable**  
**#TalkUndetectable**



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