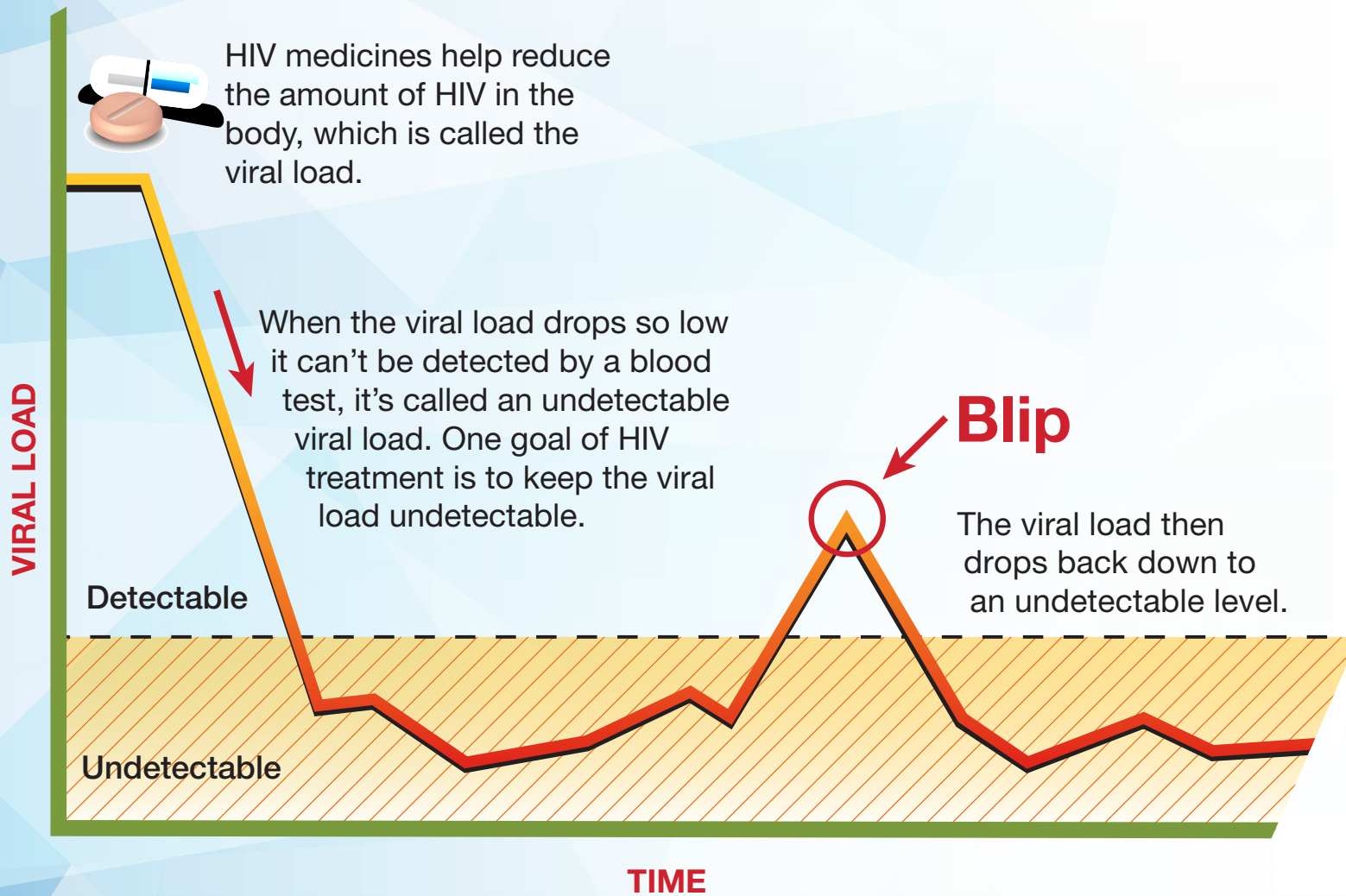


WHAT'S A BLIP?

A **blip** is when the viral load temporarily rises to a detectable level.



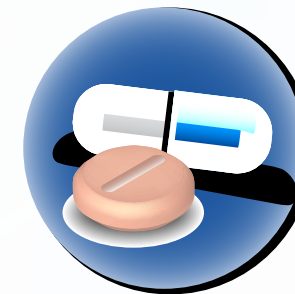
If you have questions about blips, talk to your health care provider.



Frequent blips can be a sign of trouble. But occasional blips can happen to anyone with HIV. **An occasional blip doesn't mean that your HIV treatment is failing.**



Blips can happen when your immune system is under stress, for example, when you're sick.



Skipping doses of HIV medicines can also cause blips. Taking your medicines every day can help prevent blips. Keeping your viral load under control is key to a longer, healthier life with HIV.

For more information, visit [HIVinfo.NIH.gov](https://www.hivinfo.nih.gov).