In 2017, HIVMA endorsed the *U=U Consensus Statement*, saying definitively that when a person living with HIV has an undetectable viral load, they will not transmit HIV.

**The science is clear.**

- **HPTN 052**
- **PARTNER**
- **Opposites Attract**
- **PARTNER 2**

Combined data from 2008-2016 show that there were **ZERO** linked HIV transmissions after more than a hundred thousand **condom-less sex acts** within both heterosexual and male-male serodiscordant couples where the partner living with HIV had a **durable undetectable viral load**.

**But the need remains great.**

- Only **11%** of young adults 18-30 believe that ART is “very effective” in preventing HIV.
- Only **50%** of people living with HIV are engaged in care and virally suppressed.

“The body of scientific evidence to-date has established that there is **effectively no risk of sexual transmission of HIV** when the partner living with HIV has a durably undetectable viral load, **validating the U=U message of HIV treatment as prevention.**

Anthony S. Fauci, MD
July 2018
**Why Is U=U Important?**

- Knowing U=U can be **transformative** for people living with HIV (PLWH) and their interpersonal relationships. This affirms that they are not disease vectors and can be touched and loved.

- Many PLWH still face both institutional & personal **stigma and discrimination**. As a result, many avoid relationships, sexual or otherwise, because of their perceived potential to transmit HIV.

**Talk to Your Patients about U=U**

- Counsel them on the necessity of **staying undetectable** for U=U to work.

- Educate them on the importance of taking HIV medications every day to **stay healthy and also prevent transmission** to their sexual partners.

- Explain and reinforce that when the virus is suppressed, **they will not transmit HIV** to partners.

- Encourage patients to **know their viral load** by keeping their medical appointments so they and their partners are sure of their undetectable status.

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**Resources & Information for Providers**

**Prevention Access Campaign:**
“Consensus Statement” & FAQs [bit.ly/2w6xYKN](bit.ly/2w6xYKN)

**New York City Department of Health:**
“HIV U=U Information for Providers” [on.nyc.gov/2NH550X](on.nyc.gov/2NH550X)

**The Well Project:**

**National Institutes of Health (NIH):**
“10 Things to Know about HIV Suppression” [bit.ly/2hAeBoB](bit.ly/2hAeBoB)

**HIV Treatment, Viral Reservoir & HIV DNA** [bit.ly/2NbWuEi](bit.ly/2NbWuEi)

**Centers for Disease Control and Prevention (CDC):**

“HIV Transmission Prevention: Information for Health Care Providers” [bit.ly/2D0FsUG](bit.ly/2D0FsUG)


**Clinical Consultation Center:**
“HIV Warm Line” (800) 933-3413, M-F 9am-8pm ET

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“Not sharing this with your patients is withholding data that are life-saving, life prolonging, and stigma erasing.”

Demetre Daskalakis, MD, MPH
NYC Department of Health

Contact HIVMA staff if you’re interested in learning more or have suggestions for new resources: info@hivma.org.