The science is clear.

HPTN 052  PARTNER
Opposites Attract  PARTNER 2

Combined data from 2008-2018 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 durably undetectable viral load.

But the need remains great.

- Only 15% of Americans 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

www.HIVMA.org  June 2019  #UequalsU
“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

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

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

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

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

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

5. Counsel patients about STD risk and preventive measures such as condoms and screening.

Resources & Information for Providers

Prevention Access Campaign:
“Consensus Statement” & FAQs bit.ly/2w6xYKN

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

The Well Project:
“U=U: Contextualizing a Campaign in the Lives of Women Living with HIV” bit.ly/2Qnylsa

National Institutes of Health (NIH):
“10 Things to Know about HIV Suppression” bit.ly/2hAeBoB
“HIV Treatment, Viral Reservoir & HIV DNA” bit.ly/2NbWuEi

Centers for Disease Control and Prevention (CDC):
“Dear Colleague Letter” September 27, 2017 bit.ly/2wYdGoz
“HIV Transmission Prevention: Information for Health Care Providers” bit.ly/2D0FsUG
“Evidence of HIV Treatment and Viral Suppression in Preventing the Sexual Transmission of HIV” bit.ly/2HNHQeZ

Clinical Consultation Center:
“HIV/AIDS Management” bit.ly/2pfVK2q
“HIV Warm Line” (800) 933-3413, M-F 9am-8pm ET