

Checked ✓  
"Can't Spread It"

# U=U

## Undetectable = Untransmittable

When a person living with HIV gets to an "undetectable" viral load, we say the virus is "untransmittable." This means she cannot pass HIV on to her sexual partners.

If you are living with HIV, take your medications everyday, and follow your health care provider's advice to get to, and stay, "undetectable."

