



Let's talk about  
**U=U**  
Undetectable  
= Untransmittable

# Instructions

This tool can be used when talking to others about U=U.

The purpose is to provide complete, correct, and consistent information about U=U that can be easily understood by everyone.

This tool is designed for use by all types of health care providers, lay counsellors, and peer educators. It should be used in combination with any job aids you currently use to talk about HIV testing and treatment.

# Contents

Each section is color coded by who could benefit most from its messages:

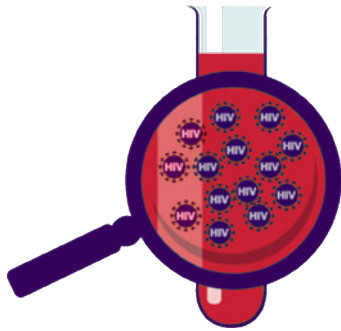
- RED** – everyone
- GREEN** – people of unknown HIV status
- PURPLE** – people living with HIV

# ASK

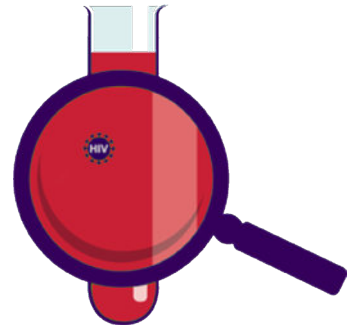
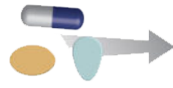
- Have you heard about U=U?
- What have you heard about U=U?

# SAY

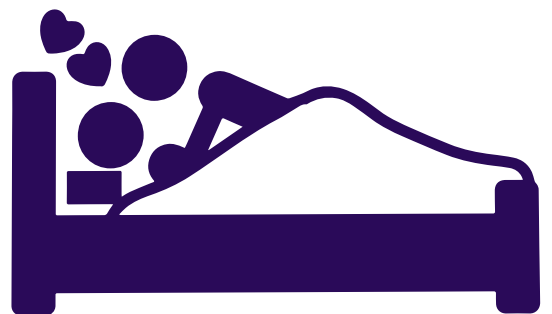
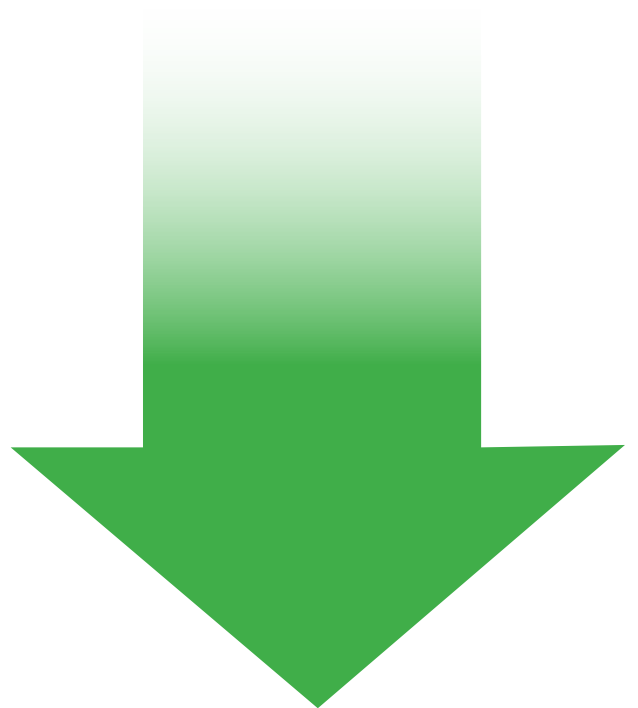
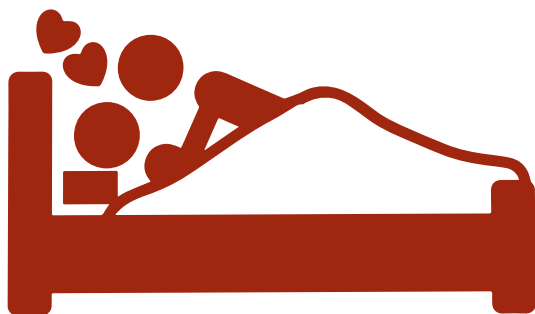
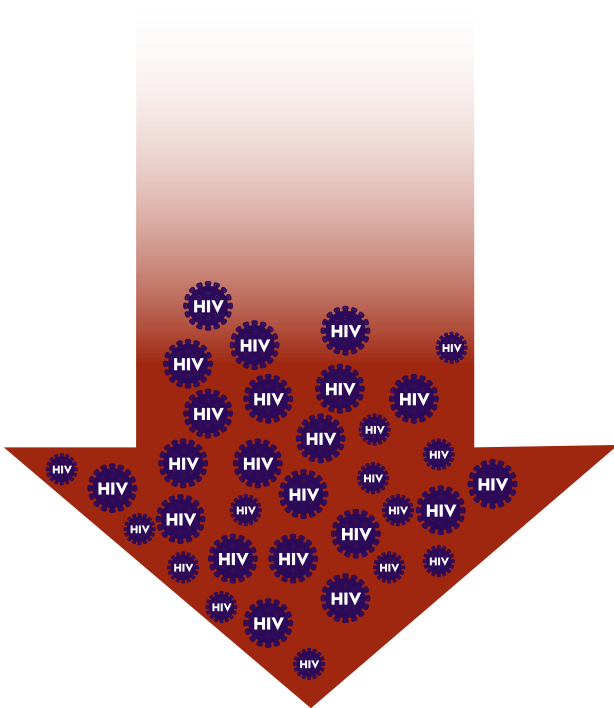
- U=U means “undetectable = untransmittable.”
- “Undetectable” is when the amount of HIV in someone’s blood is so low it cannot be measured by a standard blood test.
- When someone is “undetectable” their HIV is “untransmittable.”
- This means they cannot pass HIV on to their sexual partner.
- The virus is still in the blood but not enough to pass from one person to another.



*Detectable  
(High) Viral  
load*



*Undetectable  
Viral load*

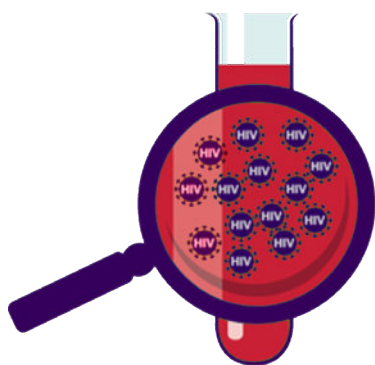
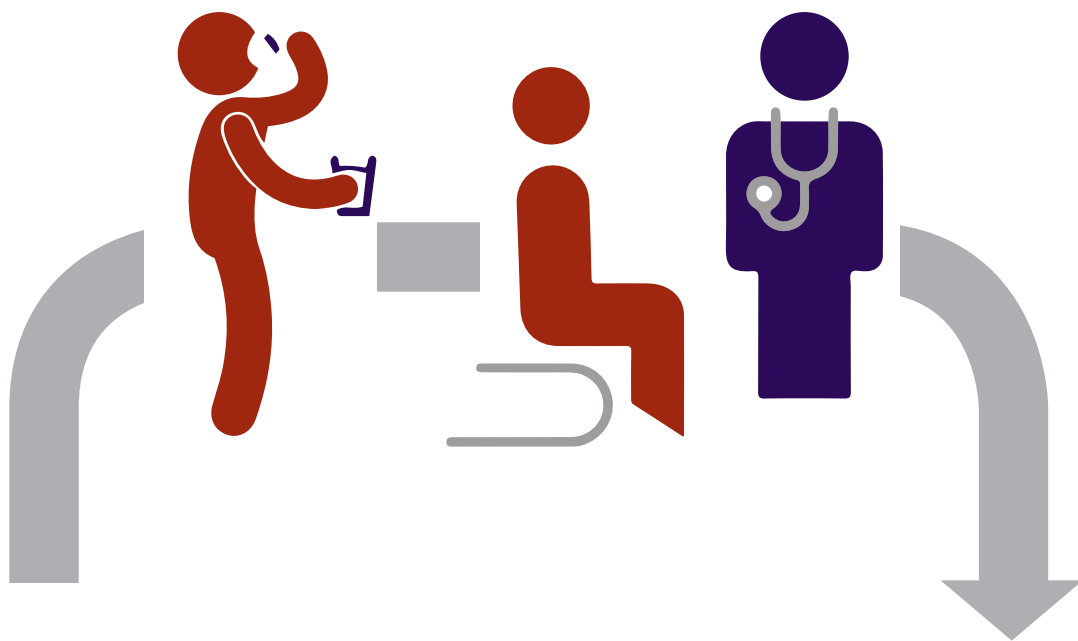


# ASK

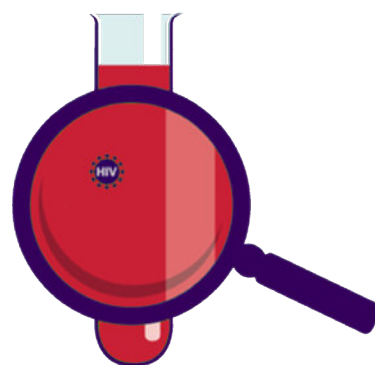
- How do you think a person living with HIV can get to “undetectable”?

# SAY

- A person living with HIV can get to “undetectable” by taking their HIV medications every day as prescribed.
- These medications help to knock down the amount of HIV in the blood.
- They also need to follow their health care provider’s advice to stay healthy.
- They should get an HIV viral load test after six months to see if they have gotten to “undetectable.”
- Only an HIV viral load test can tell us if someone has gotten to “undetectable.”



*Detectable  
(High) Viral  
load*



*Undetectable  
Viral load*

# ASK

- Does U=U mean you do not need to continue using condoms?

# SAY

- U=U only applies to HIV.
- Be sure to wear a condom to protect against other sexually transmitted infections.





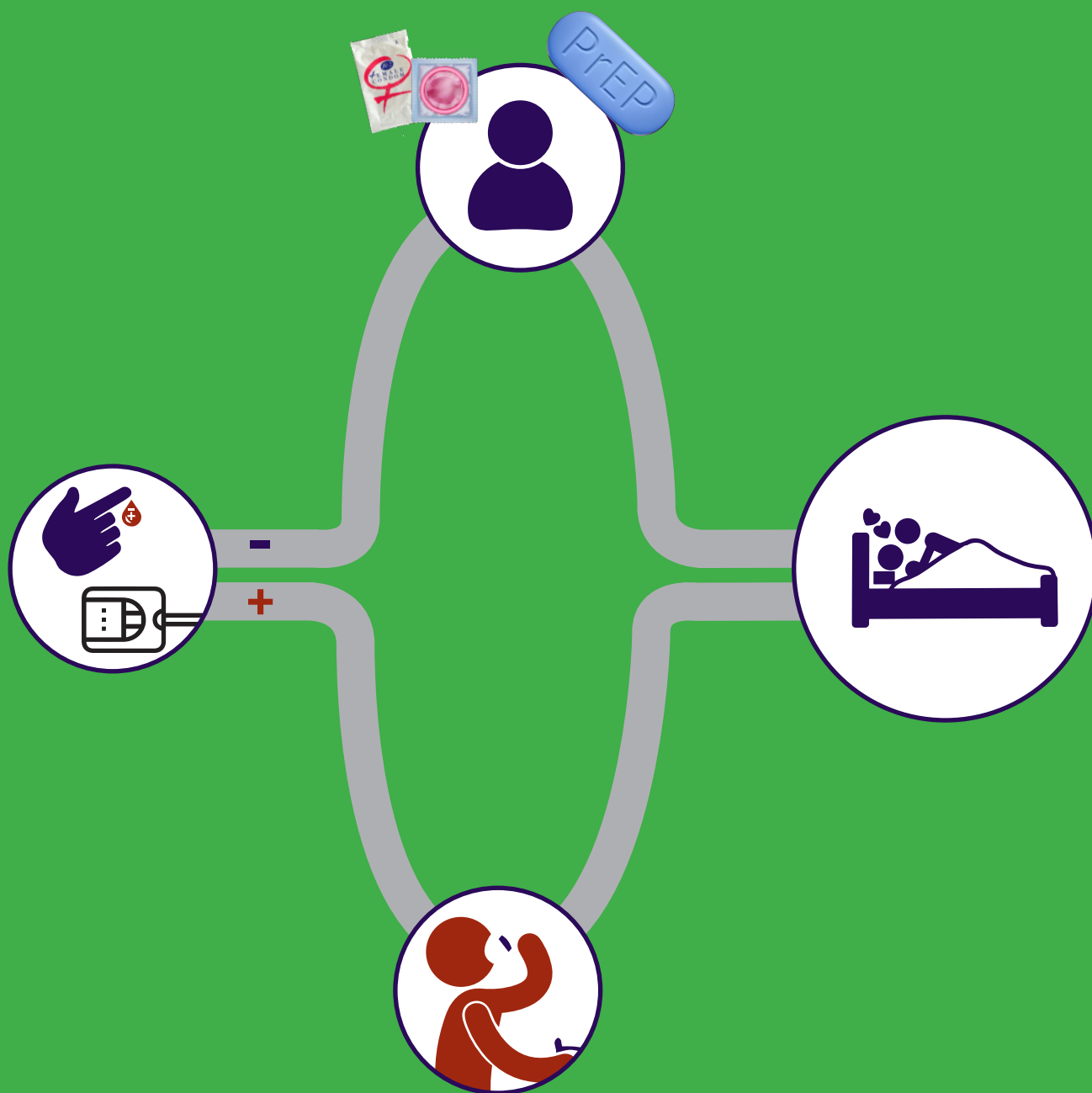


# ASK

- How does U=U affect your decision to get an HIV test?

# SAY

- Because of U=U, getting an HIV test is even more important.
- If you test HIV-negative, you will receive counseling and support to stay HIV-negative.
- If you are at risk of HIV, you can access pre-exposure prophylaxis (PrEP). Ask your health care provider for more information about PrEP.
- If you test HIV-positive, HIV treatment is available, and you too can get to “undetectable.”
- By getting and staying “undetectable” you will not pass HIV on to your sexual partner.
- In both cases, when you know your HIV status, you can take action to protect yourself and your sexual partners from HIV.

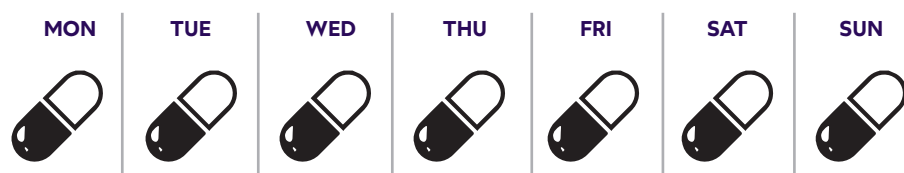


# ASK

- What does U=U mean for someone like you who is living with HIV?

# SAY

- Once you are “undetectable,” you can only stay “undetectable” by taking your HIV medications every day and following your health care provider’s advice.
- Your HIV medications only work to fight HIV if they are taken every day as prescribed.
- If your sexual partner is also living with HIV, encourage them to get to and stay “undetectable” so you avoid any chance of reinfection.

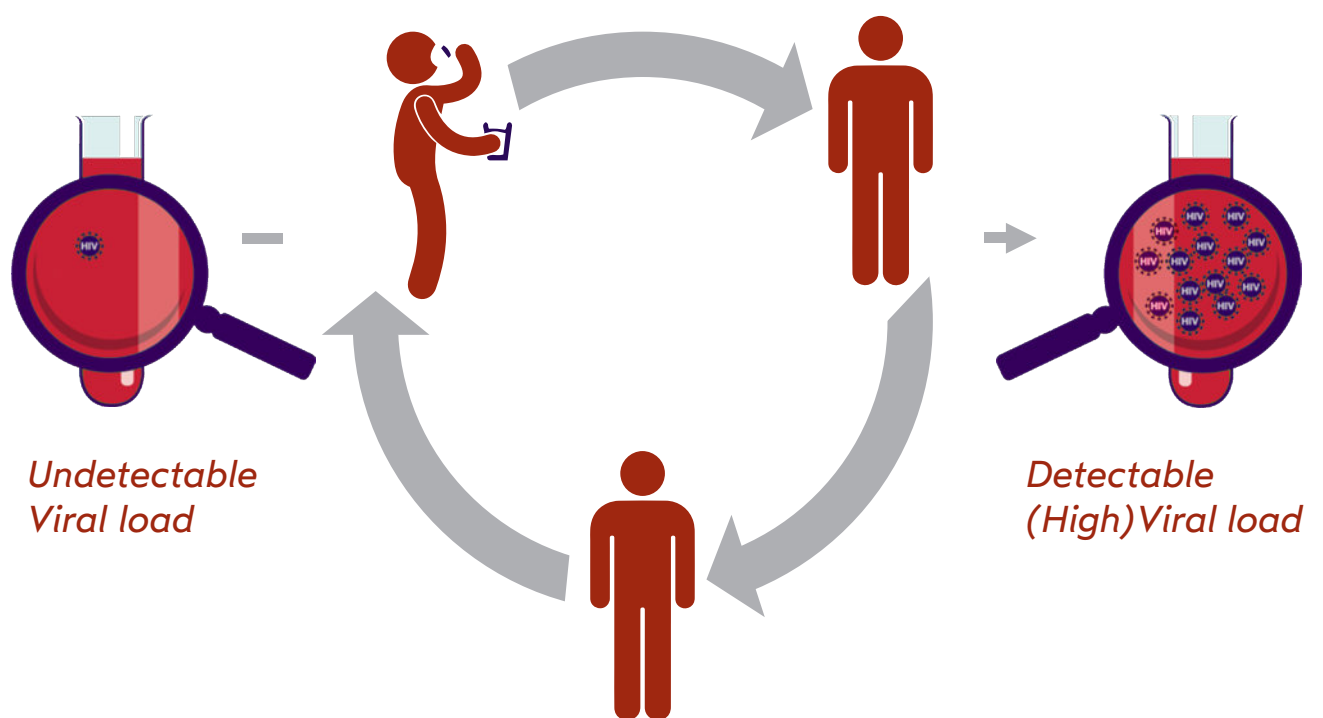


# ASK

- What do you think would happen if you got to “undetectable” but then stopped taking your HIV medications every day?

# SAY

- “Undetectable” does not mean you are cured; your viral load will increase again if you stop taking your HIV medications.
- Be sure you adhere to your HIV treatment plan so you can get to and stay “undetectable.”



| MON   | TUE      | WED      | THU   | FRI      | SAT      | SUN      |
|---|----------|----------|---|----------|----------|----------|
|  | <b>X</b> | <b>X</b> |  | <b>X</b> | <b>X</b> | <b>X</b> |

