

THE JOURNEY TO UNDETECTABLE



HIV medicine can reduce the amount of HIV in your blood (called viral load) to a level so low that a test can't detect it. This is known as an "**undetectable viral load**," or "**undetectable**."

If you have HIV, you should take medicine to treat HIV as soon as possible to:

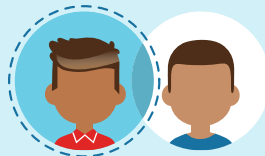


Improve your overall health



Prevent transmitting HIV to other people

If you get an undetectable viral load and keep it, you have **effectively no risk** of transmitting HIV to an HIV-negative partner through sex.

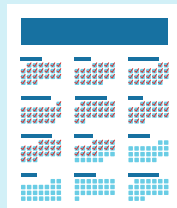


Once you start taking HIV medicine, you are on your journey to being undetectable.

By taking medicine daily, as prescribed, most people can get an undetectable viral load within **6 months**.



The longer you are undetectable, the more likely you will stay undetectable.



Not everyone taking HIV medicine is undetectable.



The only way to **know** if you are undetectable is by visiting your provider regularly.

Best ways to **keep** an undetectable viral load and stay healthy:

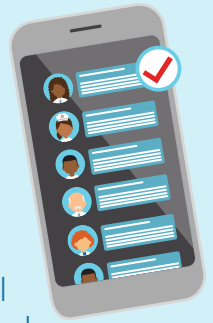


Take your medicine daily, as prescribed



Visit your provider regularly

To help you stay on your journey, it's important that you find a provider who makes you feel comfortable and supported. This extends to the other health care professionals involved in your treatment.



Getting and keeping an undetectable viral load prevents HIV transmission during sex, but there are reasons why you and your partner may consider adding other prevention options like condoms and PrEP.



Difficulty keeping an undetectable viral load



Missed doses of medicine since last viral load test



Protection from other STDs, like syphilis and gonorrhea



You or your partner want added peace of mind

YOU CAN DO THIS!



Wherever you are on the journey to undetectable, staying in treatment will improve your health no matter what challenges you may face along the way. Reach out to family and friends who support you on your journey.

www.cdc.gov/StopHIVTogether
#JourneyToUndetectable
#TalkUndetectable

 /ActAgainstAids  /CDCHIV  /CDC_HIVAIDS

