

4 Understanding U = U

Undetectable equals Untransmittable (U=U)

U=U

A person living with HIV, who is on HIV treatment and has an undetectable viral load **cannot transmit HIV** to their sexual partner/s. This is called *Undetectable equals Untransmittable* or "U=U".



In New Zealand, a person is considered "undetectable" when the amount of active HIV in their blood can't be detected (<20 copies of HIV per ml of blood).



Being "Undetectable" **does not mean a person is cured of HIV**, but it does mean the amount of virus is at such a low level it can no longer be passed on.



It is important that people **continue taking HIV medication** or their viral load will increase, impacting their health and making HIV transmittable again.



Benefits of U=U for people living with HIV

- Enjoy an active and healthy **sex life** without worrying about passing HIV on to partner/s.
- With continuous HIV treatment and monitoring, have the **same life expectancy** as people living without HIV.
- **Conceive a baby** without using alternative insemination such as IVF.
- Greatly **reduce the risk of transmission** from mother to child during pregnancy or breastfeeding.