

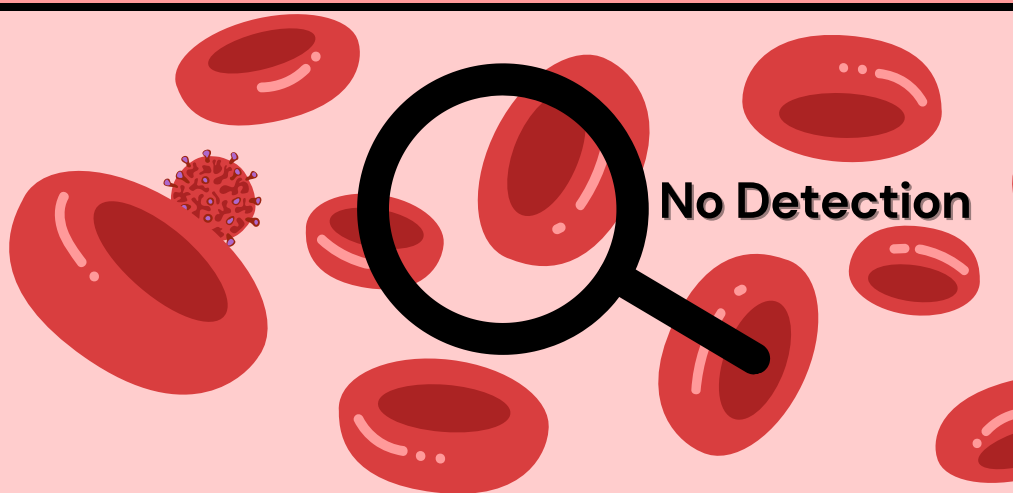
# U = U

**The Truth About HIV**

For people living with HIV, effective treatment does more than keep you healthy. It stops HIV from being passed on to sexual partners. **Zero Fear. Zero Risk.**

## What it means

The amount of HIV in your blood (your viral load) is so low that standard lab tests can't measure it. **Less than 200 copies of the HIV virus per 1 milliliter of your blood.** It's the goal of HIV treatment. [2, 3, 4]



## Why it works

Multiple academic studies monitored thousands of mixed-status couples, where one of the partners had HIV. They found that **HIV transmission did NOT occur when the partner with HIV was U = U.**

A European study found

**0** cases of within-couple HIV transmission from

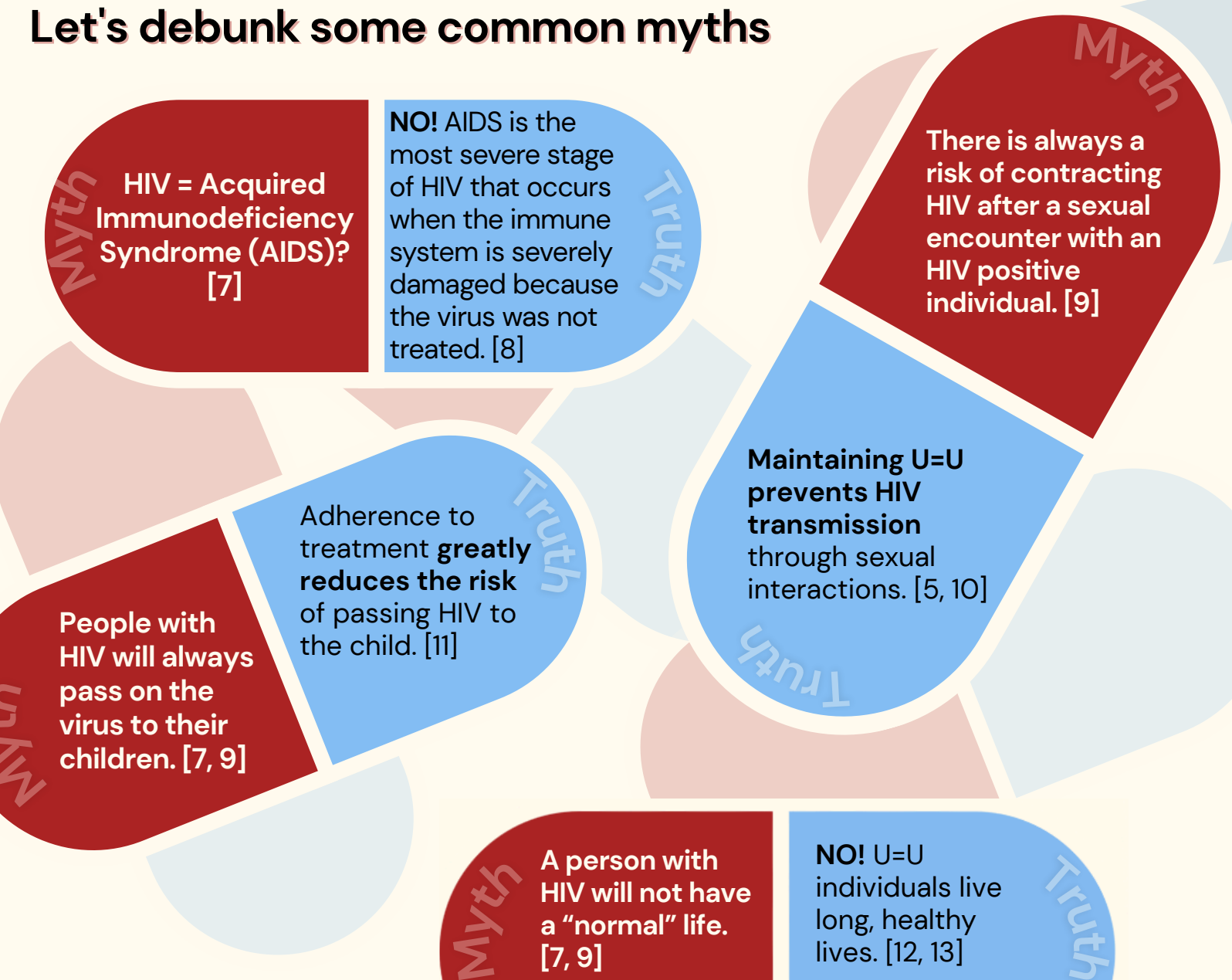
**76,000** reports of condomless sex. [5]

A study conducted in Australia, Brazil, and Thailand found

**0** cases of within-couple HIV transmission from

**12,000** reports of condomless sex. [6]

## Let's debunk some common myths



## How to achieve and maintain U = U

