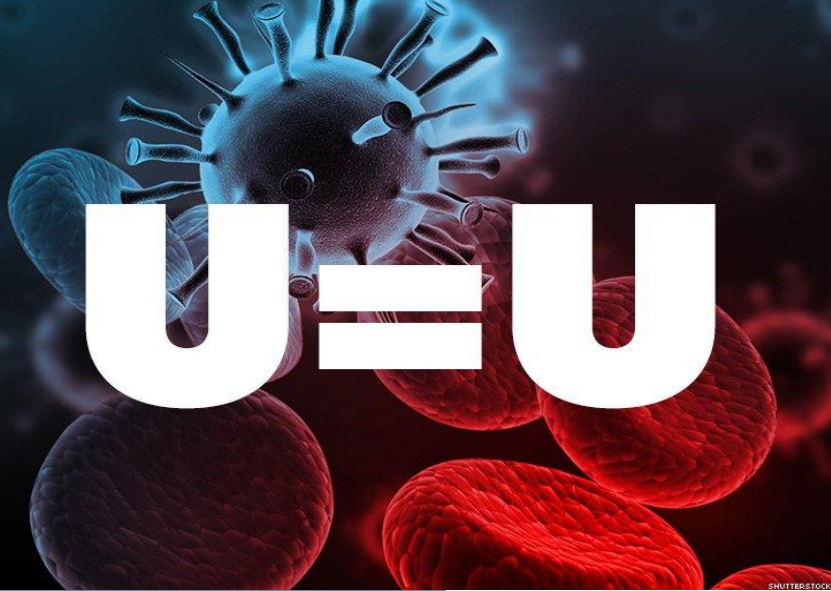


**Undetectable =
Untransmittable:
the time for excuses
is over!**

Shaun Watson
**Clinical Nurse Specialist (HIV
Community, UK)**
**Chair of the National HIV Nurses
Association**

UNDETECTABLE = UNTRANSMITTABLE





U=U



U=U
UNDETECTABLE EQUALS UNTRANSMITTABLE

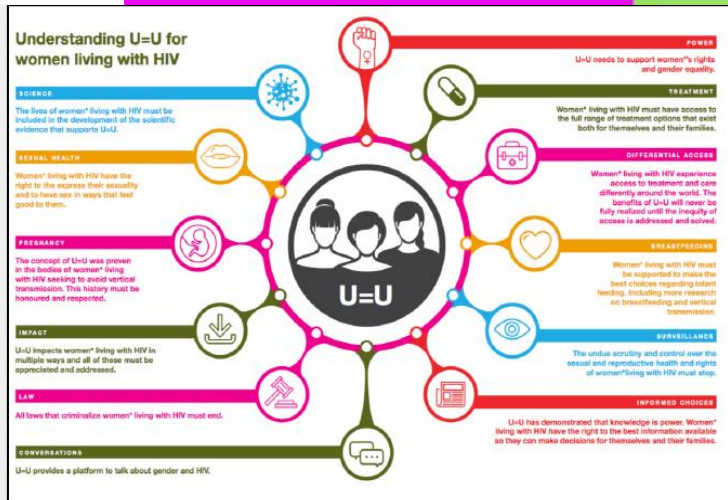


U=U*
UNDETECTABLE
viral load means HIV IS
UNTRANSMITTABLE
www.i-base.info/u-equals-u
* Undetectable = Untransmittable



ntahc
northern territory AIDS & hepatitis council

UNDETECTABLE
UNDENIABLE
UNDESTROYABLE
UNDEFEATABLE
UNDETERRABLE
UNTRANSMITTABLE



the well project



UNDETECTABLE=UNTRANSMITTABLE:
Building Hope and Ending HIV Stigma

Different types of Evidence

- Observational data – large cohorts when randomised studies are not possible
- **Randomised clinical trials (RCTs)**
- Systematic review – comparing studies
- **Case reports – small studies**
- Expert opinion

Taken from presentation by Simon Collins (i-Base)

Why U=U?

- **Not everyone is onboard with the message. All the messages are different 'zero risk' 'no risk' 'negligible'**
- What about viral load >200 >50 >20?
- **"I have a patient who..."**
- I just don't understand the science

The Evidence

Swiss Statement	Expert opinion and evidence review of >25 smaller studies looking at impact of ART on risk factors for HIV transmission.	Concluded that transmission would not occur undetectable with viral load.	2008	Vernazza P et al. [7]
HPTN 052	1763 serodifferent heterosexual couples randomised to immediate or deferred ART. Although condom use was high the impact of ART was highly significant.	All infections occurred in people with detectable viral load: n=17 in the deferred ART group and one early infection in the ART group before VL was undetectable. Follow-up reported out to four years.	2011	Cohen M et al. [8, 9]

“an HIV positive person on effective HIV treatment (ART) cannot transmit HIV through sexual contact”

- on ART and adherent
- undetectable VL
- no STIs
- risk <1 in 100,000 (<0.001%)

The Evidence

PARTNER	Prospective observational European study in ~900 serodifferent couples who were not using condoms.	Final results reported zero transmissions after more than 58,000 times couples had sex without condoms when viral load was undetectable <200 copies/mL.	2014 (interim). 2016 (final)	Rodgers A et al. [10, 11]
Opposites Attract	Prospective observational study in 358 serodifferent gay male couples in Australia, Thailand and Brazil.	Zero transmissions when viral load was undetectable <200 copies/mL.	2017	Grulich A et al. [12]
PARTNER2	Extension of PARTNER study to collect additional follow-up in gay male couples.	Study is fully recruited and still ongoing (2014–2017).	Expected 2018.	[13]

PARTNER 2

- 900 gay couples only (March 2014 to May 2018)
- Aim - to provide a similar level of confidence for gay men
- The PARTNER study recruited HIV couples (one partner positive, one negative) at 75 clinical sites in 14 European countries. They tested the HIV-negative partners every six to 12 months for HIV, and tested viral load in the HIV-positive partners. Both partners also completed behavioural surveys. In cases of HIV infection in the negative partners, their HIV was genetically analysed to see if it came from their regular partner.
- The study **found no transmissions between gay couples where the HIV-positive partner had a viral load under 200 copies/ml** – even though there were nearly 77,000 acts of condomless sex between them.

Partner 2 at AIDS2018

Q: What would you say to HIV information providers who are withholding this [U=U] information from people with HIV?

A: "It is very, very clear that the risk is zero. If you are on suppressive ART you are sexually non-infectious. *The time for excuses is over.*"

**Dr. Alison Rodger, lead author of PARTNER2 at the International AIDS Conference
- AIDS 2018 [presentation](#) (July, 2018)**

This means...

- If you are HIV positive and undetectable you cannot pass the virus in to sexual partners.
- **There is no evidence, anywhere, that anyone has transmitted HIV when they have an undetectable viral load**
- Challenge since 2008 is whether HIV transmission can occur – so far not been proven.
- **In absence of evidence, having an opinion against U=U is either out-of-date or just prejudice - Simon Collins (i-Base)**

It's a fact
U=U

Undetectable equals untransmittable



The British HIV Association is proud to support the #UequalsU consensus statement of the Prevention Access Campaign

The Campaign



U=U
#UETProject

UNDETECTABLE = UNTRANSMITTABLE

PRIDE for YOUTH
Sharing knowledge through unity
A Division of Long Island Center

LIVING WITH HIV?
Taking HIV medication daily suppresses the virus and means you can't pass it to others.
Need help getting effective treatment for HIV? Pride for Youth can help! Call us today at (516) 679-9000 to get connected.
Visit us at www.longislandcenter.org/healthforpride/undetectableuntransmittable

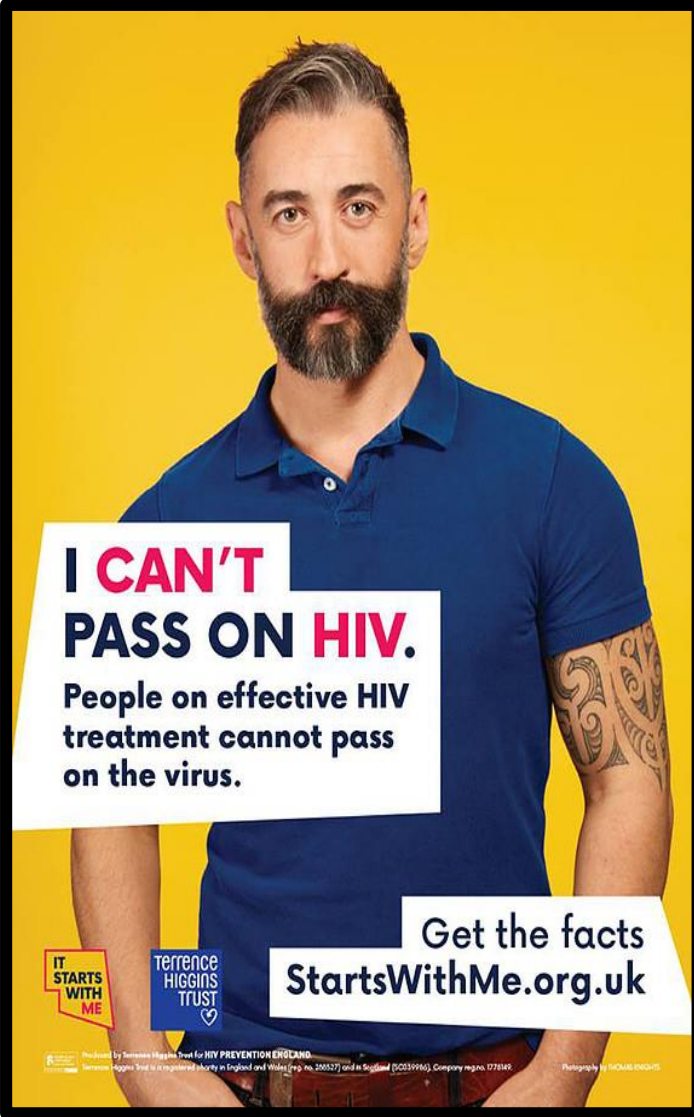
Log Cabin, HIV-USA, Northwell Health

nam **aidsmap**
HIV & AIDS - sharing knowledge, changing lives

"The scientific evidence is clear. Someone whose HIV is undetectable does not pose an infection risk to their sexual partners."

For information on HIV you can rely on: www.aidsmap.com #UequalsU

U=U Undetectable Equals Untransmittable

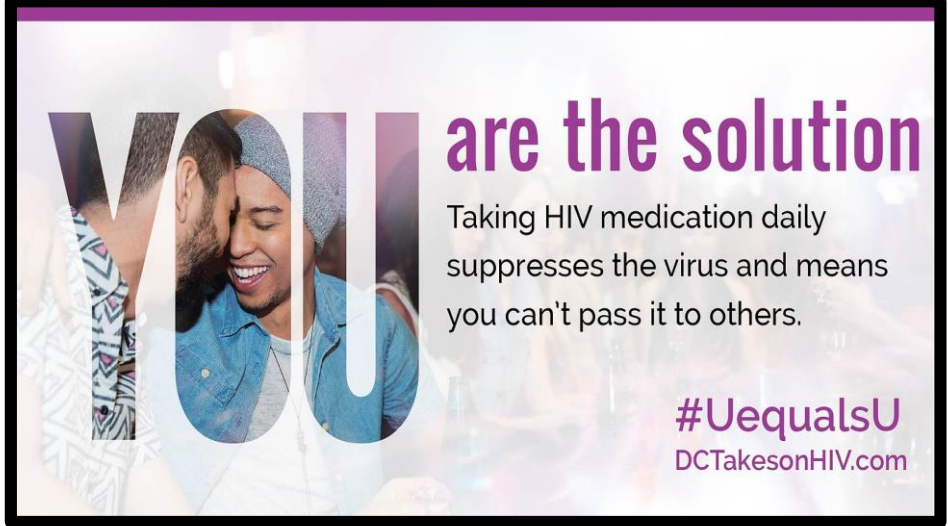


I CAN'T PASS ON HIV.
People on effective HIV treatment cannot pass on the virus.

Get the facts
StartsWithMe.org.uk

IT STARTS WITH ME, Terrence Higgins Trust

Produced by Terrence Higgins Trust for HIV PREVENTION IRELAND.
Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 205527) and in Scotland (SC0231996). Company reg. no. 0728492. Photography by SACRAM ENTIGNS



YOU are the solution

Taking HIV medication daily suppresses the virus and means you can't pass it to others.

#UequalsU
DCTakesonHIV.com



CAN'T PASS IT ON

People on effective HIV treatment **CANNOT** pass on the virus

FACT

Terrence Higgins Trust

For People living with HIV

- **Improves the lives of people living with HIV by dramatically reducing the shame and fear of sexual transmission and opening up possibilities for conceiving children without alternative means of insemination.**
- Dismantles HIV stigma on the community, clinical, and personal level.
- **Encourages people living with HIV to start and stay on treatment, which keeps them and their partners healthy.**
- Strengthens advocacy efforts for universal access to treatment, care, and diagnostics to save lives and bring us closer to ending the epidemic.

www.preventionaccess.org

That's amazing but....

- We still need more info on breastfeeding and blood transmission.
- **There are people living with HIV who despite everything cannot get to undetectable.**
- Globally there are people living with HIV who cannot access ART.
- **There are people living with HIV who decide not to take treatment (intentional non-adherence)**
- This is not a campaign to promote unprotected sex.

What can we do?

- **Reiterate- talk to people living with HIV about the necessity of staying undetectable for U=U to work.**
- Adherence management – discuss the importance of taking ART as prescribed (every day) to remain healthy and prevent onward transmission.
- **Encourage engagement – ensure people living with HIV attend appointments and are fully engaged with their care and have knowledge of their viral load status. This means also discussing issues that may effect their adherence and engagement...what else is going on for them, life style, home, finance etc. (holistic care)**

Resources

- <https://www.preventionaccess.org> – equal access to the HIV prevention revolution based on #ScienceNotStigma. All people living with HIV have a right to accurate and meaningful information about their social, sexual and reproductive health.
- <http://positiveseries.org> – offers downloadable and customizable social marketing campaigns to educate about U=U and encourage engagement in care.

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