

Plan ZERO

Dr Alan McOwan

CG meeting October 17

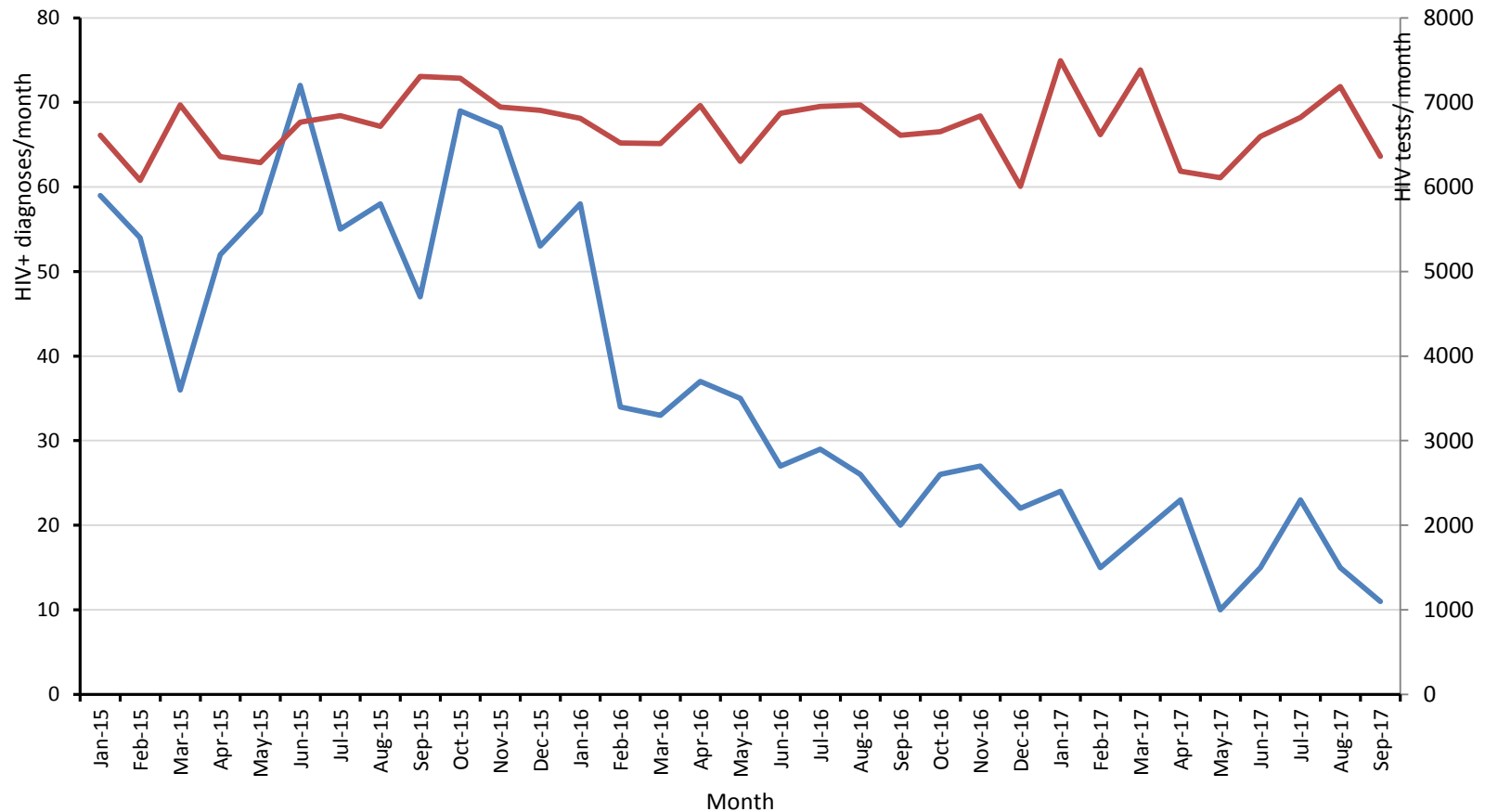
A photograph of three men standing outdoors in front of a brick building. The man on the left is a white man with a beard, wearing a dark shirt and a stethoscope. The man in the middle is a white man with a shaved head, wearing a dark striped shirt and sunglasses on his head. The man on the right is a Black man wearing a blue polo shirt with yellow stripes and a name tag. They are all looking towards the right.

Zero HIV transmissions

 GETTING TO
ZERO
SAN FRANCISCO

San Francisco's Getting to Zero initiative is a multi-sector, independent consortium operating under the principles of **collective impact**. Modeled after the UNAIDS goals, our vision is to reduce HIV transmission and HIV-related deaths in San Francisco by 90% before 2020.

New HIV diagnoses at 56 Dean Street: 2015-2017



PrEP Eligible MSM attendances

	Number	% Dean Street
Dean Street	18,211	
England	50,763	36%
London	30,534	60%

10% risk HIV seroconversion

- Rectal GC or Chlamydia
- Early Syphilis (A1/2/3)
- PEP
- >1 UPAI-R in last 3 months



[HOME](#)[THIS MONTH](#)[PAST MONTHS](#)[OPTIONS ▾](#)[ORDER A TEST](#)

PRIME is a members only enhanced service for selected Dean Street users.

Watch the videos, make a choice, take control!

[Click here to see member benefits >](#)

PRIME FEATURES

[watch introduction here >](#)



Priority access to
Dean Street Express



Monthly text support



Special offers
and events



Exclusive services
just for you

CHOOSE ONE OF THE FIVE OPTIONS BELOW AND TAKE CONTROL OF YOUR SEXUAL HEALTH.

TAKE A BREAK

Take a short break
from sex

JUST US

Maintain a safe and
monogamous relationship

CONDOMS PLUS

Condoms and a
safety net

PrEP

A pill that prevents

TOTAL BAREBACK

Test regularly and catch
an infection early



PREP

In this programme we will support your use of a drug that, if taken regularly, can prevent you from being infected with HIV.

PrEP involves taking HIV medicine before you have sex. 56 Dean Street can provide advice and monitoring free of charge, but you would need to purchase the medication yourself. You can buy Tenvir-EM online for around £35-40 per month or Truvada from us for £400 per month.

Show less >

PRIME: PrEP with Dr Nneka Nwokolo



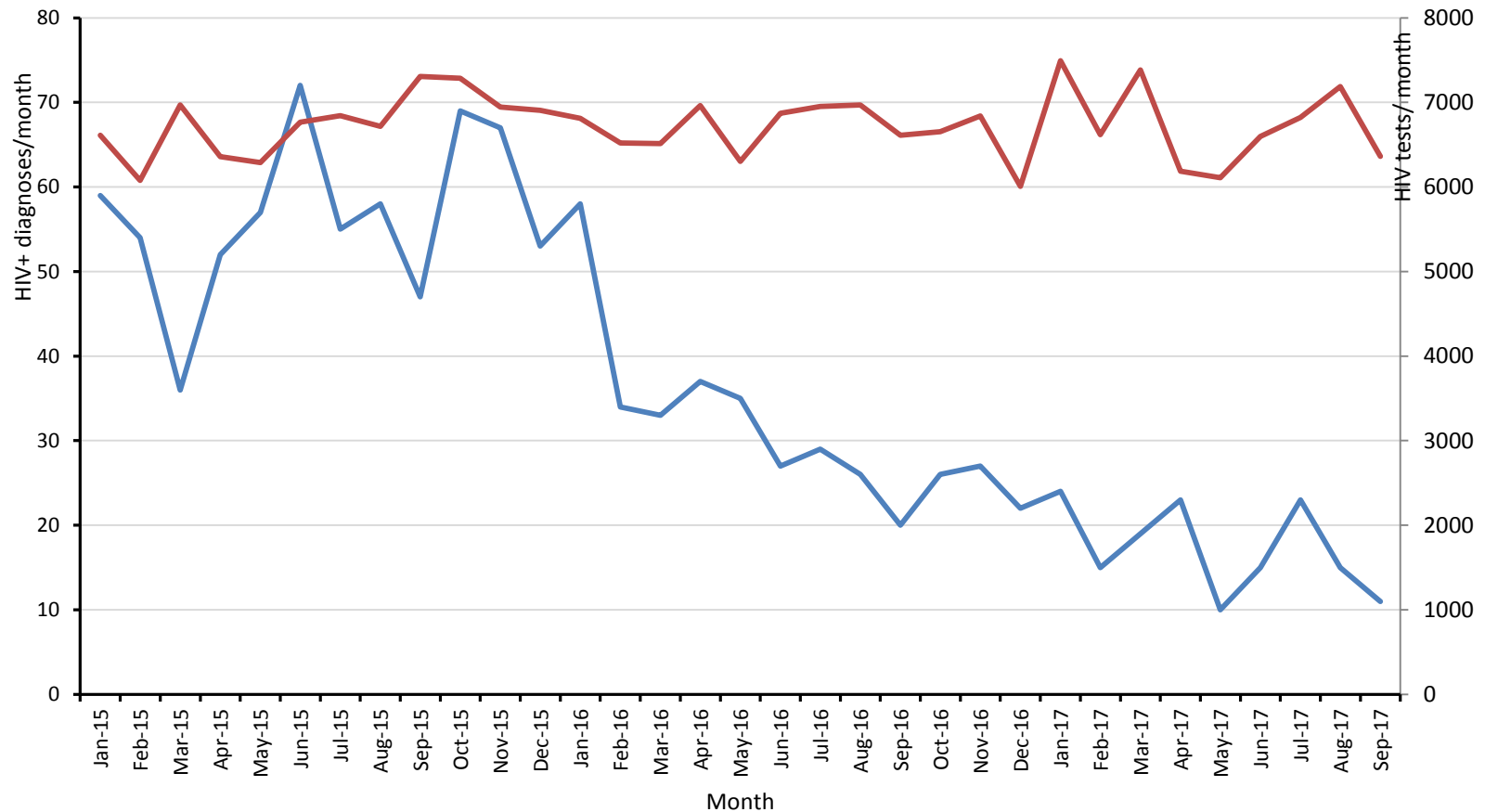
SEARCH

PRIME outcome

- PRIME 1.37%

Rate per 100 years of follow up

New HIV diagnoses at 56 Dean Street: 2015-2017



PRIME outcome

- PRIME 1.37%
- Non PRIME 1.83%

Rate per 100 years of follow up

Plan ZERO

UNDETECTABLE = UNINFECTIOUS

The risk of passing HIV on is practically zero if you have HIV, take treatment and are undetectable.

0%

HIV is falling in London's gay men. We can get it to ZERO.

www.dean.st

PREP

**PrEP medicine protects people
from catching HIV.**

Pick up a leaflet.

0%

HIV is falling in London's gay men. We can get it to ZERO.

www.dean.st

TEST

If you catch HIV, it's best to know immediately.

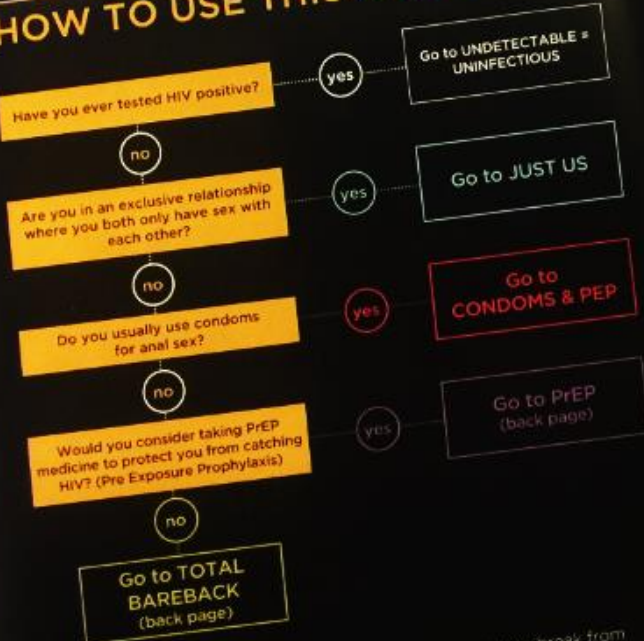
If you take no precautions, test at least every 3 months and whenever you feel unwell.

0%

HIV is falling in London's gay men. We can get it to ZERO.

www.dean.st

HOW TO USE THIS GUIDE



HIV rates are falling amongst London's gay men. We have finally found the tools to beat HIV. Read on to find out which will work best for you.

If you're struggling to reduce risky situations, let us know. Our **Health Advisors** are here to help with risk reduction and support. If chems are an issue and your use feels out of control, why not try our walk in **Chemsex advice sessions**?

if you want to take a break from sex, why not explore the Wellbeing programme events listed on our website www.dean.st

There's also a list of gay off-scene groups. There's everything from creative writing to scuba diving

We can beat HIV if we all act together. **Use our flowchart to find out what's right for you, right now.** This isn't set in stone so you can revisit this guide if anything changes

UNDETECTABLE = UNINFECTIOUS

It's recommended that everyone with HIV starts treatment as soon as possible.

There are 2 reasons for this:

- It's better for your long-term health
- Once the levels of HIV in your blood are 'undetectable', the chance of you passing the virus to others is practically zero

if you're not already on treatment, ask your doctor about the different options. In the UK, everyone with HIV is entitled to free HIV treatment and care.

JUST US

Sex without condoms is an option if you're in an exclusive relationship.

First of all, you both need to test for HIV, and then you can act based on the results. Before you test, wait at least 4 weeks since the last time you had condomless anal sex with anyone outside the relationship. We recommend you use condoms until you have both had your results.

There is no risk if both your HIV tests are negative (unless one of you catches HIV from someone else later).

If both of you test HIV positive, check with your HIV doctor if it's OK for you to have condomless sex together.

If just one of you tests HIV positive there are a few options to choose from:

- You could use condoms for anal sex
- The person with HIV could start treatment. Once levels of HIV in the blood are undetectable, the chance of passing HIV to others is practically zero
- The HIV-negative person could use PrEP medicine to protect themselves (See PrEP section)

If you and your partner have sex without condoms, you should have an agreement about sex with other people. It's really important that you can be honest with each other if you have condom-less sex with someone else as you'll both need to retest.

CONDOMS & PEP

Using condoms every time you have anal sex is very effective protection from HIV.

They also protect you from many other sexually transmitted infections.

If you don't use a condom or it breaks, we can supply a course of post exposure prophylaxis (PEP) treatment which has a high chance of protecting you. If you're not sure whether you need PEP, check the interactive HIV PEP guide at www.dean.st

The guide will tell you whether you should take it. PEP involves taking HIV medicines for 4 weeks after you have sex. You should ideally start it within 24 hours, and definitely within 72 hours of unprotected sex.

If we are closed, you can get a starter pack from any hospital A&E (emergency) department.

0%

in London's gay men, to ZERO.

should

Ethnic Origin

Region	Number (n, %)
UK/Ireland	26 (28%)
New Zealand/Australia	5 (5%)
North America	5 (5%)
Central & South America	16 (17%)
Western Europe	12 (13%)
Eastern Europe	11 (12%)
Middle East	5 (5%)
Africa	5 (5%)
Asia/Far East	9 (10%)

HIV diagnoses Dean Street Apr-Sept 17

HIV is falling in London's gay men. We can get it to ZERO.

We have finally found the tools to beat HIV. We'll do it if we all act together. Take the test to find out which will work

Start

[English](#) [Español](#) [Italiano](#) [Português](#)

O contágio por HIV está diminuindo na comunidade GAY em Londres.

A gente pode chegar a zerar os contágios.

Nós finalmente encontramos um modo de vencer o HIV. Nós conseguiremos se agirmos juntos. Faça o teste abaixo para saber quais as opções melhores para você.

Começar

[English](#) [Español](#) [Italiano](#) [Português](#)

Have you ever tested HIV positive?

No

Yes



Undetectable = Uninfectious

It's recommended that everyone with HIV starts treatment as soon as possible. There are 2 reasons for this:

- It's better for your long-term health.
- Once the levels of HIV in your blood are 'undetectable', the chance of you passing the virus to others is **practically ZERO**

If you're not already on treatment, ask your doctor about the different options. In the UK, everyone with HIV is entitled to free HIV treatment and care.

Consensus Statement

- Česká
- 中國語文
- Dansk
- English
- Español
- Français
- Македонски
- Русский
- Português do Brasil
- Svenska
- Türkçe

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Endorsements Updated: October 6, 2017
Issued: July 21, 2016

RISK OF SEXUAL TRANSMISSION OF HIV FROM A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD Messaging Primer & Consensus Statement

There is now evidence-based confirmation that the risk of HIV transmission from a person living with HIV (PLHIV), who is on Antiretroviral Therapy (ART) and has achieved an undetectable viral load in their blood for at least 6 months is negligible to non-existent. (Negligible is defined as: *so small or unimportant as to be not worth considering; insignificant.*) While HIV is not always transmitted even with a detectable viral load, when the partner with HIV has an undetectable viral load this both protects their own health and prevents new HIV infections.[i]

However, the majority of PLHIV, medical providers and those potentially at risk of acquiring HIV are not aware of the extent to which successful treatment prevents HIV transmission.[ii] Much of the messaging about HIV transmission risk is based on outdated research and is influenced by agency or funding restraints and politics which perpetuate sex-negativity, HIV-related stigma and discrimination.

The consensus statement below, addressing HIV transmission risk from PLHIV who have an undetectable viral load, is endorsed by principal investigators from each of the leading studies that examined this issue. It is important that PLHIV, their intimate partners and their healthcare providers have accurate information about risks of sexual transmission of HIV from those successfully on ART.

Have you ever tested HIV positive?

No

Yes

Are you in an exclusive relationship where you only have sex with each other?

No

Yes

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Just Us

Sex without condoms is an option if you're in an exclusive relationship. First of all, you both need to test for HIV, and then you can act based on the results. Before you test, wait at least 4 weeks since the last time you had condomless anal sex with anyone outside the relationship. We recommend you use condoms until you have both had your results.

There is no risk if both your HIV tests are negative (unless one of you catches HIV from someone else later).

If both of you test HIV positive, check with your HIV doctor if it's OK for you to have condomless sex together.

If just one of you tests HIV positive there are a few options to choose from:

- You could use condoms for anal sex
- The person with HIV could start treatment. Once levels of HIV in the blood are undetectable, the chance of passing HIV to others is [practically zero](#)
- The HIV-negative person could use PrEP medicine to protect themselves ([See PrEP section](#))

If you and your partner have sex without condoms, you should have an agreement about sex with other people. It's really important that you can be honest with each other as you'll both need to retest if you have condomless sex with other people.



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Are you in an exclusive relationship where you only have sex with each other?

No

Yes

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Do you usually use condoms for anal sex?

No

Yes

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Condoms and PEP

Using condoms every time you have anal sex is very effective protection from HIV. They also protect you from many other sexually transmitted infections.

If you don't use a condom or it breaks, your sexual health clinic can supply a course of post exposure prophylaxis (PEP) treatment which has a high chance of protecting you. If you're not sure whether you need PEP, take [our test](#) which will tell you whether you should take it.

PEP involves taking HIV medicines for 4 weeks after you have sex. You should ideally start it within 24 hours, and definitely within 72 hours of unprotected sex. If we are closed, you can get a starter pack from [any hospital A&E \(emergency\) department](#).



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[Start Again](#)

HIV PEP



Do I need PEP?

This questionnaire is designed for gay men

Click on the options below to see if we recommend PEP

Have you had sex in the last three days?

Yes

No

Do you usually use condoms for anal sex?

No

Yes

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Would you consider taking PrEP medicine to protect you from catching HIV? (Pre Exposure Prophylaxis)

No

Yes



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PrEP

Pre-exposure prophylaxis (PrEP) involves taking HIV medicine before you have sex. If you take it correctly, it provides very good protection against catching HIV. PrEP pills contain 2 drugs, emtricitabine and tenofovir. PrEP is not freely available on the NHS yet, but you can buy it safely online for personal use.

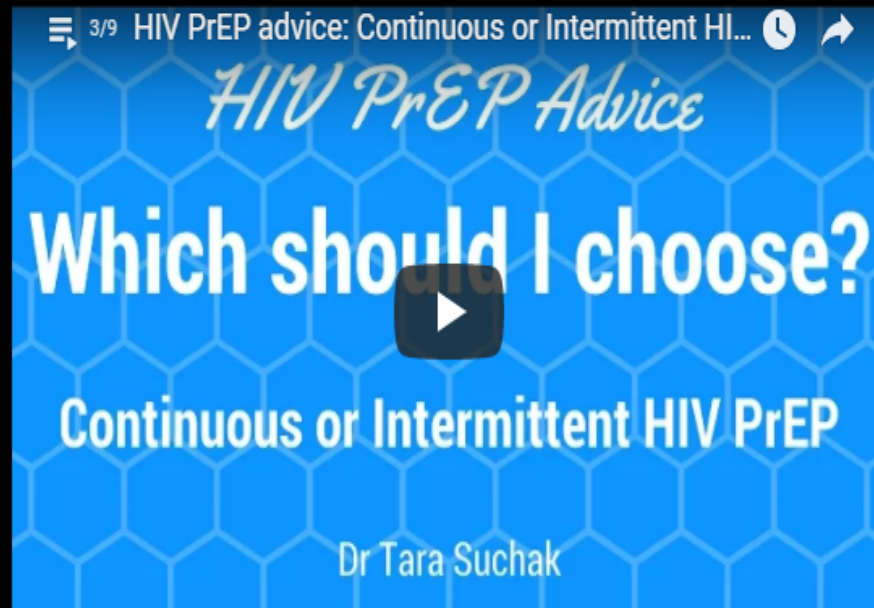
For more information, ask a member of staff or watch the PrEP videos on the 'Dean Street Official' YouTube channel. Pick up a copy of the i-base PrEP leaflet in the clinic, or read it online at www.i-base.info. We recommend going to www.iwantprepnnow.co.uk for the latest on buying PrEP online.

The PrEP IMPACT Study will offer NHS funded PrEP to 10,000 people at high risk of HIV. It launches in September 2017. To find out more visit www.prepimpacttrial.org.uk.

There are 2 ways to take PrEP. For continuous protection, take a pill every day. After a week you will be protected. Otherwise, if you can predict when you will be at risk, you could use 'intermittent' PrEP. This involves taking 2 pills between 2 and 24hrs BEFORE sex. You then take one pill every day until at least 2 days after the last unprotected sex.

Before you start PrEP, it is really important to have kidney, hepatitis B and and HIV tests checked. We can sort this for you. Every 3 months we also recommend a urine kidney test and full sexual health check-up.

It's important to remember that HIV PrEP doesn't protect against other sexually transmitted infections.



PrEP Impact Trial

A pragmatic health technology assessment of PrEP and implementation

[Home](#)[The PrEP Impact Trial](#)[FAQs](#)[Join the Trial](#)[Contact](#)

Welcome to the PrEP Impact Trial website

PrEP is a new way for people to reduce their risk of acquiring HIV.

The PrEP Impact Trial is recruiting 10,000 participants who are at a high risk of HIV, across England.

ABOUT PrEP

What is PrEP?

PrEP (HIV Pre-exposure Prophylaxis) is a medicine for HIV negative people, is taken before sex, so it is pre-exposure. Prophylaxis means to prevent infection – in this case HIV. It can reduce the risk of acquiring HIV when taken as instructed.

PrEP is made up of two drugs, Tenofovir and Emtricitabine. These drugs are known as antiretroviral medicines and have been used as part of HIV treatment for many years. You may know this medicine by its brand name, Truvada, however there are generic forms of the drug with the same active ingredients.

Would you consider taking PrEP medicine to protect you from catching HIV? (Pre Exposure Prophylaxis)

No

Yes



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Total Bareback

If you have condomless anal sex and take no precautions, you are at high risk of catching HIV. If you have HIV, it is important to know as soon as possible. There's still time for you to reduce the harm to your body.

If you regularly have condomless anal sex without precautions, we recommend you **test for HIV** at least every 3 months.

Some experts think that if there was ever a cure for HIV, it would most likely work in people who start HIV medicine in the very earliest stages of infection.



You'll be most infectious to others in the first couple of months after catching HIV. It's thought that half of the UK's HIV is caught from someone who has recently been infected. Starting treatment and controlling the HIV reduces the risk of passing the infection to others to **practically zero**.

In the first few weeks after catching HIV, you may feel unwell. You might develop flu like symptoms or a body rash. If that happens to you, come and see a doctor right away. Let us know you're feeling ill so that we can run special tests. We are here to help. Don't have sex until you've been given the all clear.

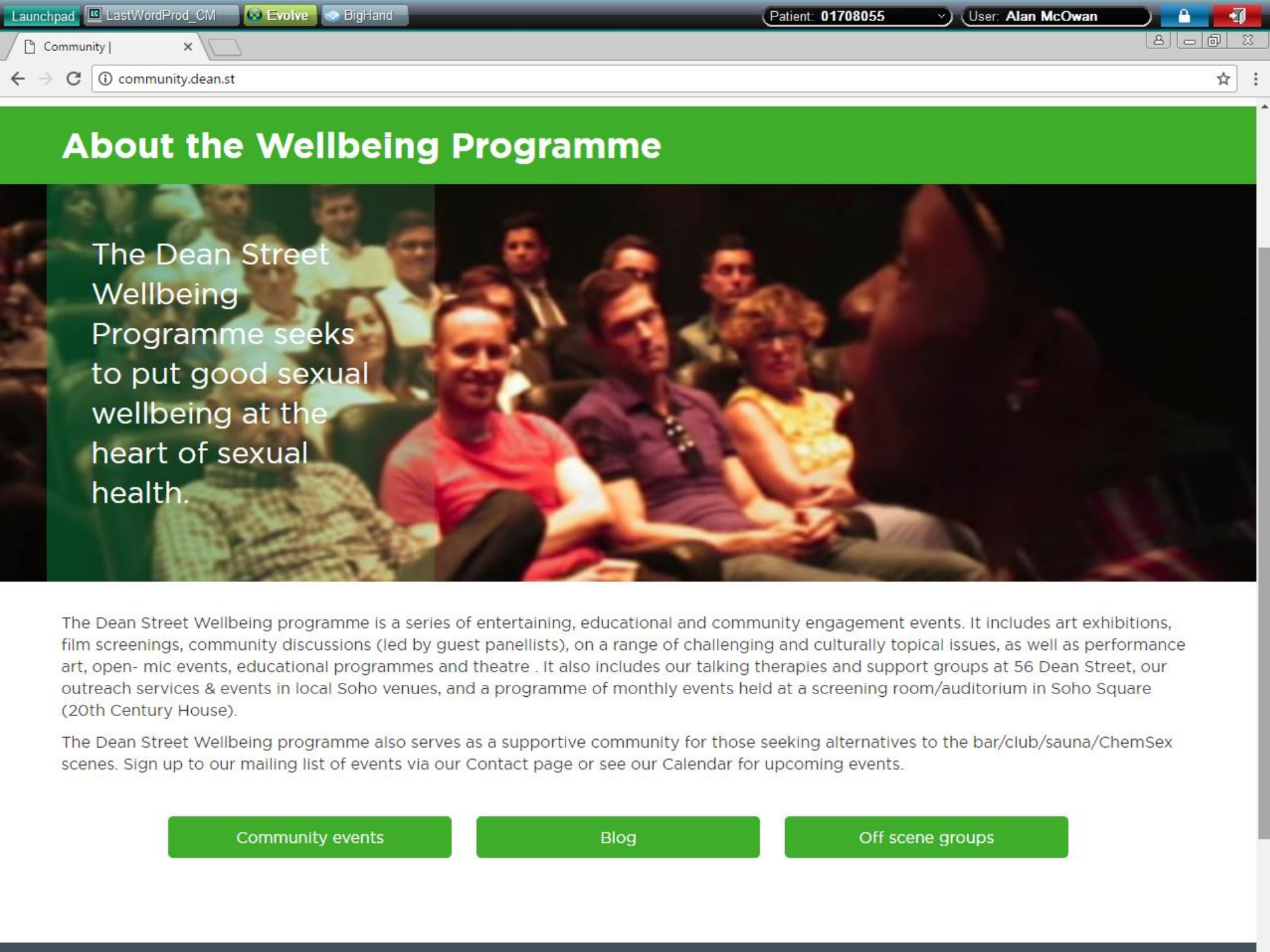
If you want to take a break from sex, why not explore our '**Wellbeing programme**' events, there's also a list of gay off-scene groups with everything from creative writing to scuba diving.



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Start Again



About the Wellbeing Programme

The Dean Street Wellbeing Programme seeks to put good sexual wellbeing at the heart of sexual health.

The Dean Street Wellbeing programme is a series of entertaining, educational and community engagement events. It includes art exhibitions, film screenings, community discussions (led by guest panellists), on a range of challenging and culturally topical issues, as well as performance art, open- mic events, educational programmes and theatre . It also includes our talking therapies and support groups at 56 Dean Street, our outreach services & events in local Soho venues, and a programme of monthly events held at a screening room/auditorium in Soho Square (20th Century House).

The Dean Street Wellbeing programme also serves as a supportive community for those seeking alternatives to the bar/club/sauna/ChemSex scenes. Sign up to our mailing list of events via our Contact page or see our Calendar for upcoming events.

[Community events](#)[Blog](#)[Off scene groups](#)

Thank you - Funding

- GRASP
- MAC AIDS Foundation
- Recon