

MDH endorses the U=U Consensus Statement:

When a person living with HIV has an undetectable viral load, they will not transmit HIV to their sexual partners.

U=U
Undetectable Equals Untransmittable

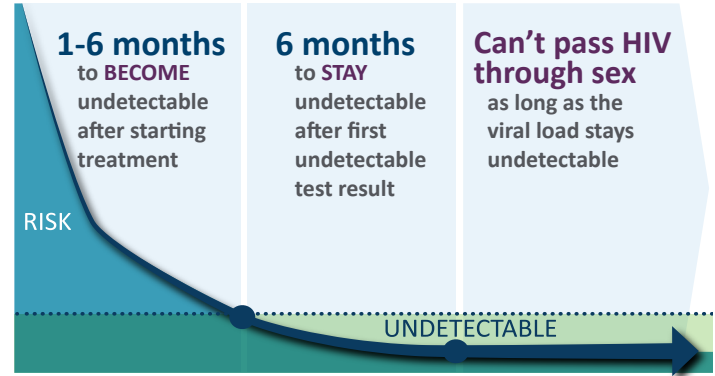
THE SCIENCE IS CLEAR

“The evidence that undetectable equals untransmittable is overwhelming.”

Anthony S. Fauci, MD
National Institutes of Health, July 2018

Combined data from four studies conducted during 2008-2018 show that there were **ZERO linked HIV transmissions** after more than a hundred thousand condom-less sex acts within both heterosexual and male-male serodiscordant couples where the partner living with HIV had a **durably undetectable viral load**.

1. **HPTN 052:** A Randomized Trial to Evaluate the Effectiveness of Antiretroviral Therapy Plus HIV Primary Care versus HIV Primary Care Alone to Prevent the Sexual Transmission of HIV-1 in Serodiscordant Couples (<https://www.hptn.org/research/studies/hptn052>)
2. **PARTNER:** Sexual Activity Without Condoms and Risk of HIV Transmission in Serodifferent Couples When the HIV-Positive Partner Is Using Suppressive Antiretroviral Therapy (<https://jamanetwork.com/journals/jama/article-abstract/2533066>)
3. **PARTNER 2:** Risk of HIV transmission through condomless sex in serodifferent gay couples with the HIV-positive partner taking suppressive antiretroviral therapy: final results of a multicentre, prospective, observational study (<https://www.sciencedirect.com/science/article/pii/S0140673619304180?via%3Dihub>)
4. **Opposites Attract:** The Opposites Attract Study of viral load, HIV treatment and HIV transmission in serodiscordant homosexual male couples: design and methods (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4168197/>)



THE NEED REMAINS GREAT

- Only 15% of Americans believe that HIV antiretroviral therapy is “very effective” in preventing HIV.
- Only 64% of people living with HIV in Minnesota are engaged in care and virally suppressed.

mn DEPARTMENT OF HEALTH

health.mn.gov/uu

Resources & Information for Providers:

Prevention Access Campaign:

- [Consensus statement](http://www.preventionaccess.org/consensus)
(www.preventionaccess.org/consensus)

Minnesota Department of Health:

- [Undetectable = Untransmittable](http://www.health.state.mn.us/uu)
(www.health.state.mn.us/uu)

National Institutes of Health:

- [10 Things to Know about HIV Suppression](https://www.nih.gov/news-events/press-releases/stories/2018/07/180718_hiv_uu) ([bit.ly/2hAeBoB](https://www.nih.gov/news-events/press-releases/stories/2018/07/180718_hiv_uu))
- [HIV Treatment, Viral Reservoir & HIV DNA](https://www.nih.gov/news-events/press-releases/stories/2018/07/180718_hiv_uu) ([bit.ly/2NbWuEi](https://www.nih.gov/news-events/press-releases/stories/2018/07/180718_hiv_uu))

Centers for Disease Control and Prevention:

- [Evidence of HIV Treatment and Viral Suppression in Preventing the Sexual Transmission of HIV](https://www.cdc.gov/hiv/pdf/risk/art/cdc-hiv-art-viral-suppression.pdf) (www.cdc.gov/hiv/pdf/risk/art/cdc-hiv-art-viral-suppression.pdf)

Clinical Consultation Center:

- [HIV/AIDS Management](https://nccc.ucsf.edu/clinician-consultation/hiv-aids-management/) (<https://nccc.ucsf.edu/clinician-consultation/hiv-aids-management/>)
- HIV Warm Line: 1-800-933-3413



651-201-5414 | 1-877-676-5414
health.mn.gov/uu

10/2019

WHY IS U=U IMPORTANT?

- Knowing U=U can be life-changing for people living with HIV and their loved ones. This confirms that they can't transmit sexually while they're undetectable.
- Many people living with HIV still face both institutional & personal stigma and discrimination. As a result, many avoid relationships, sexual or otherwise, because of their perceived potential to transmit HIV.
- Anecdotal evidence shows that patients may be more motivated to stay in treatment once they know about U=U.

TALK TO YOUR PATIENTS ABOUT U=U

- 1 **COUNSEL** them on the necessity of **staying undetectable** for U=U to work.
- 2 **EDUCATE** them on the importance of taking HIV medications every day to **stay healthy and also prevent transmission** to their sexual partners.
- 3 **EXPLAIN** and reinforce that when the virus is suppressed, they **will not transmit HIV** to partners.
- 4 **ENCOURAGE** patients to **know their viral load** by keeping their medical appointments so they and their partners are sure of their undetectable status.
- 5 **RECOMMEND** appropriate screening; counsel patients **about STD risk** and preventive measures such as condoms.