

# Making HIV Undetectable



## Health Bulletin

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Call 311 to order free copies.



# Undetectable Equals Untransmittable

- HIV treatment can reduce the amount of virus in the body to levels so low that the virus is undetectable.
- People who maintain an undetectable viral load for at least six months **cannot transmit HIV through sex**.
- This is known as undetectable equals untransmittable, or U = U.



People with an undetectable viral load  
cannot transmit HIV through sex.

# Treating HIV

- Medicines to treat HIV are **safe and more effective than ever**.
- When taken as prescribed, HIV medicines reduce the amount of virus in a person's body.
- The sooner a person with HIV starts treatment, the less HIV can damage their body.



HIV medicines are called antiretroviral therapy (ART). There is no cure for HIV, but ART can help reduce the amount of virus in your body. To make medicines part of your routine, sign up to receive text reminders by texting **MEDS** to **877877**.\*

\*Texting is available in English and Spanish.

# HIV and Sexual Health



If you do not know your HIV status, **get tested** – it's fast and easy. It's also free at New York City Health Department Sexual Health Clinics.



If you are living with HIV, be sure to **take your medicines** as prescribed and see an HIV doctor for regular checkups.



If you do not have HIV, **take pre-exposure prophylaxis (PrEP)** daily to prevent transmission.



If you are sexually active, **use condoms** as often as possible to protect against HIV, other sexually transmitted infections and unplanned pregnancy.

# Finding Services

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HIV testing, care and treatment services are available regardless of your immigration status or ability to pay:



For information about free or low-cost HIV testing, visit **nyc.gov/health/clinics** or text **TESTNYC** to **877877\*** to find a location near you.

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For help finding HIV care, text **CARE** to **877877.\***

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For more information about PrEP, visit **nyc.gov/health** and search for **PrEP**.

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For additional support, visit **nyc.gov/health** and search for **Ryan White Services** to learn more about the Health Department's care coordination program.

\*Texting is available in English and Spanish.

# Resources

## Connect



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## Learn More

Visit [nyc.gov/health](https://nyc.gov/health) and search for **HIV Undetectable**

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These services are free at all New York City Health Department offices and clinics.