



U=U Backgrounder: Science and Social Justice

September 2017

What is U=U? Undetectable Viral Load = Untransmittable HIV during sex. People living with HIV can feel confident that if they have a sustained undetectable viral load, they will not pass on HIV to their sexual partners. For some it seems like a bold statement, but the [science is clear](#).

The Science

The U=U [Consensus Statement Endorsed by Doctors](#)

[Don't Criminalize People on HIV Treatment](#)

Social Justice

Stigma is one of the most painful issues that people living with HIV have to face. The Prevention Access Campaign is a “health equity initiative to end the dual epidemics of HIV and HIV-related stigma by empowering people with and vulnerable to HIV with accurate and meaningful information about their social, sexual, and reproductive health.”

[Prevention Access Campaign](#)

[Canadian Consensus Statement on HIV Transmission in the Context of Criminal Law](#)

Communities that Endorse U=U

[International list of communities endorsing U=U](#)

[Become a Community Partner](#)

Dynamics that Could Limit Achieving U=U

There may be circumstances or situations where people with HIV may not be able to achieve undetectable status or impact their choices about reducing the risk of transmission. [HIV may be transmitted](#) through sexual activity, sharing of drug use equipment, pregnancy, labour/birth, or breast/chest feeding. There are prevention options to limit or eliminate risk of transmission for all of these modes of transmission, but **the U=U statement applies to sexual transmission only.**

[Frequently Asked Questions About U=U](#)

This FAQ developed by the [Prevention Access Campaign](#) includes questions about U=U and needle sharing/ drug use; the Treatment as Prevention approach; disclosure, pre-exposure prophylaxis (PrEP) and more.

[Undetectable Equals Untransmittable: Building Hope and Ending HIV Stigma](#)

Important U=U Issues for women, including power dynamics in relationships; infant feeding; and criminalization.

[Living in the Asterisk: What Does U=U Mean for Women?](#)

Developed by the Women and HIV/AIDS Initiative (Ontario), this document was developed to support conversations about the impact of U=U on populations of women. It talks about breast/chest feeding, women who use drugs; the social dynamics of not/achieving undetectable viral loads and more.

HIV Transmission and Treatment

[HIV Transmission](#): transmission may occur in several ways and U=U applies only to sexual transmission

[HIV Treatment: The Fundamentals](#)

[HIV Treatment as Prevention](#)

[HIV Pre-Exposure Prophylaxis \(PrEP\)](#)