

Over the last 20 years, a body of scientific evidence has linked HIV transmission to viral load – the amount of virus present in the blood.

Antiretroviral therapy is now so effective that most people's viral load becomes 'undetectable' (below 50 copies/ml) within three to six months of beginning treatment.¹



PARTNER 1

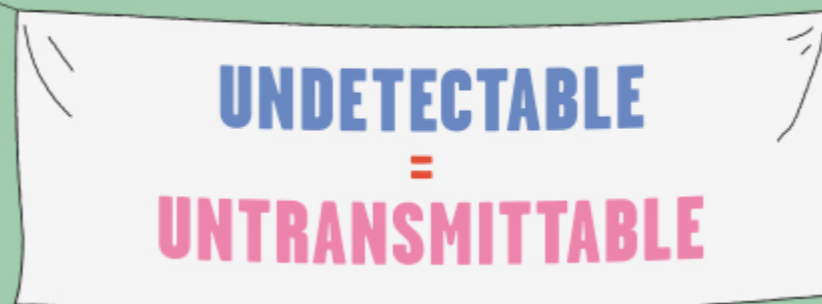
PARTNER 1, a landmark study published in JAMA, observed transmission rates between gay and heterosexual couples, where one partner was HIV positive.

Over the course of the study, 58,000 instances of sex without a condom were recorded. There were **zero cases of HIV transmission** where the HIV positive partner was on effective treatment and had an undetectable viral load.²

PARTNER 2

This was followed by PARTNER 2, a study focusing on gay men published in The Lancet. Across 77,000 instances of condomless sex, there were zero HIV transmissions.³

Together, the PARTNER studies analysed 112,000 instances of condomless sex. They provided conclusive evidence that someone on effective HIV treatment, with a sustained, undetectable viral load, cannot pass the virus on to their sexual partners.^{2,3}



Based on scientific evidence, there is a global awareness campaign called U=U. This stands for Undetectable=Untransmittable.

The campaign is endorsed by the [British HIV Association \(BHIVA\)](#)⁴ and [Public Health England \(PHE\)](#).⁵

U=U is a significant step forward for people living with HIV. Show your support for the campaign by helping to increase awareness of U=U with your practice, patients and colleagues.

For more information on U=U, [visit the Prevention Access Campaign U=U consensus statement](#).

*Total reflects pooled data from both PARTNER studies and includes 35,940 heterosexual and 22,273 gay condomless sex acts from PARTNER 1, plus 53,815 gay condomless sex acts from PARTNER 2.

This is a non-promotional campaign funded by ViiV Healthcare and supported by George House Trust, Greater Manchester's HIV support organisation.



References

- <http://www.aidsmap.com/about-hiv/undetectable-viral-load-and-transmission-information-people-hiv>. Accessed September 2020.
- Rodger AJ, et al. Sexual activity without condoms and risk of HIV transmission in serodifferent couples when the HIV-positive partner is using suppressive antiretroviral Therapy. JAMA. 2016;316:171-81.
- Rodger AJ, et al. Risk of HIV transmission through condomless sex in serodifferent gay couples with the HIV-positive partner taking suppressive antiretroviral therapy (PARTNER): final results of a multicentre, prospective, observational study. Lancet. 2019; 393: 2428-2438.
- <https://www.bhiva.org/BHIVA-endorses-U-U-consensus-statement>. Accessed September 2020.
- <https://www.gov.uk/government/news/hiv-in-the-uk-towards-zero-hiv-transmissions-by-2030>. Accessed September 2020.