

## MEDIA RELEASE

**DATE:** January 24, 2020

**END DATE:** February 21, 2020

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**RE:** **Undetectable = Untransmittable (U=U)**

The Genesee County Health Department (GCHD) is excited to announce, in partnership with Wellness Services, support of Prevention Access Campaign's growing global Undetectable = Untransmittable (U=U) campaign. Prevention Access Campaign is a community of HIV activists, researchers and over 960 community partners from nearly 100 countries uniting to educate and promote that people living with HIV on effective treatment do not sexually transmit HIV.

There is substantial evidence that a person living with HIV who is on antiretroviral therapy (ART) with an undetectable viral load (viral suppression) for at least six months cannot sexually transmit HIV. Three landmark studies have shown that treatment prevents sexual transmission of HIV.<sup>1-4</sup> Across all three studies, there were no linked HIV transmissions observed between mixed-HIV-status partners when the partner with HIV was virally suppressed.

According to Prevention Access, "U=U offers freedom and hope. For many people living with HIV and their partners, U=U opens up social, sexual and reproductive choices they never thought would be possible. It is an unprecedented opportunity to transform the lives of people living with HIV." U=U aims at reducing the stigma of HIV while encouraging people to get tested for HIV. The campaign is also helping to educate the public that people living with HIV can live long, healthy lives and have children without worrying about transmitting HIV to others.



An undetectable viral load will prevent HIV from being sexually transmitted, however, it will not protect from other sexually transmitted infections (STIs) or unintended pregnancies. Condoms, when worn correctly, protect against HIV, STIs and unintended pregnancies. PrEP (pre-exposure prophylaxis) is also available for individuals who are HIV negative, but may be at risk for HIV. PrEP reduces the risk of HIV transmission from sex by 99% when taken daily.

For more information on HIV and Genesee County Health Department services, contact Kate Stevens at (810) 257-3194 or visit [www.gchd.us](http://www.gchd.us) . If you would like to know more about Wellness Services, contact Stevi Adkins at (810) 232-0888 or visit [www.WellnessAIDS.org](http://www.WellnessAIDS.org) .

For more Prevention Access Campaign U=U information, visit [www.preventionaccess.org](http://www.preventionaccess.org). For more HIV prevention information from the Centers for Disease Control and Prevention (CDC), visit <https://www.cdc.gov/stophivtogether>.

References:

1. Cohen MS, Chen YQ, McCauley M, et al. Prevention of HIV-1 infection with early antiretroviral therapy. N Engl J Med. Aug 11 2011;365(6):493-505.
2. Cohen MS, Chen YQ, McCauley M, et al. Antiretroviral therapy for the prevention of HIV-1 transmission. N Engl J Med. 2016;375:830-9.
3. Rodger AJ, Cambiano V, Bruun T, 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(2):171-81.
4. Bavinton B, Grinsztejn B, Phanuphak N, et al. HIV treatment prevents HIV transmission in male serodiscordant couples in Australia, Thailand and Brazil. Presented at the 9th IAS Conference on HIV Science (IAS 2017), Paris, France; July 25, 2017.

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