



**CAN'T
PASS
IT ON**

Terrence
HIGGINS
TRUST



Photograph by Sam Egarr

People on effective HIV treatment can't pass the virus on to their sexual partners.

This is a fact proven by scientific research.

Effective treatment means someone is taking their treatment as prescribed and has an undetectable viral load.



HIV medication reduces the amount of the virus in the blood to undetectable levels. This means that there is so little HIV in the body that it cannot be passed on sexually.

This was proven conclusively by two studies (PARTNER 1 and PARTNER 2) which looked at 135,000 instances of sex without condoms where one partner was HIV positive and one was HIV negative.

There were **zero** cases of HIV transmission in couples where the HIV positive partner was on effective treatment.

In the UK, 97% of people on HIV treatment have an undetectable viral load and therefore cannot pass HIV on to their sexual partners.

The time it takes for the viral load to become undetectable varies between individuals, but we would expect this to happen within three to six months of starting treatment.

Once the viral load is undetectable it is important that people continue to take their treatment as prescribed and have their viral load monitored regularly to ensure they remain undetectable.

As long as people are taking their treatment as prescribed they can be confident their viral load will remain undetectable and they won't pass HIV onto their sexual partners.

“Being undetectable makes me feel empowered. It makes me feel less afraid or nervous. I have assurance that I'm healthy. I know that I'm going to live a long and happy life.” Daniel

“It changed my life tremendously. It gave me a bit more confidence as a woman, and the courage to talk to my children more openly.” Esther

“One of the biggest fears that I faced was that I might pass on HIV, so knowing this helps prevent that feeling.” Lewis

Learn more: tth.org.uk/cantpassiton

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