



RE LIKELY
ON HIV?

**'My last test
was negative.'**

STAY PROTECTED.

Someone can think (and say) they don't have HIV, but if they have been recently infected: they could now have HIV and be very infectious.

When you can't be certain of someone's HIV status, condoms offer the protection you need against HIV and other sexually transmitted infections (STIs). Pre-exposure prophylaxis (PrEP) can also protect you from HIV, but not STIs.

StartsWithMe.org.uk

POSED BY MODEL:

HIV status portrayed may not reflect model's own.

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WHO'S MO
TO PASS

**'I'm HIV positive
and on treatment.'**

**ON TREATMENT =
UNDETECTABLE
VIRAL LOAD =**

**NO RISK OF
PASSING ON HIV**

New research has proven that if you are taking HIV medication, and have an undetectable viral load, you cannot pass HIV on.



We can stop HIV.

**Unprotected
sex with him is
NO RISK.**

WHY?

Medication keeps levels of HIV in his body very low, so ...

— **HE'S NOT
INFECTIOUS.**

**Unprotected
sex with him is
VERY HIGH RISK.**

WHY?

He recently got HIV but doesn't know it.

Levels of HIV in his body could be very high, so ...

— **HE'S VERY
INFECTIOUS.**

**RECENTLY
INFECTED =**

**VERY HIGH
VIRAL LOAD =**

**HIGH RISK OF
PASSING ON HIV**

Someone with HIV is most infectious when levels of the virus in their body (their 'viral load') are at their highest, during the first six weeks after getting HIV. This is usually before they realise they have it. This is when they are most likely to pass on HIV.