

International  
AIDS  
Conference  
**Pre-Conference  
Program**

**U=U**

Celebrating the  
groundbreaking  
fact that  
**Undetectable  
equals  
Untransmittable**



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## ACKNOWLEDGMENTS

The 2018 U=U Pre-Conference is made possible by the dynamic group of speakers and moderators who have traveled from around the world to share their U=U campaigns and experience. We extend a heartfelt thanks to all.

We also gratefully acknowledge the representatives of our global partners who helped plan and organize the U=U activities and celebrations at AIDS 2018:

**Brent Allan**

Senior Policy and Program Advisor, ICASO

**Solange Baptiste**

Executive Director, International Treatment Preparedness Coalition

**Aurelien Beaucamp**

President, AIDES

**Matt Blinstrubas**

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**Krista Martel**

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Founder and Executive Director, Prevention Access Campaign

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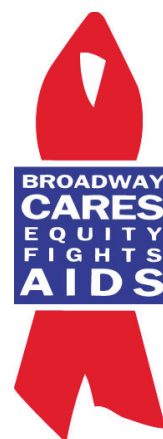
Executive Director, ICASO

**Greg Wersching**

Director, Project Management, Housing Works

# THANK YOU

## TO OUR U=U PRE-CONFERENCE PARTNERS



# WELCOME TO U=U 2018

**CELEBRATE, ACTIVATE, IMPLEMENT!**

**Thank you for being a part of a defining moment in history.**

In 1996, we learned that effective treatment would save our lives. Today, we know it means we cannot transmit HIV to our sexual partners. That historic shift is being driven by groundbreaking science and a global movement led by people living with HIV to ensure that the science reaches the people it was intended to benefit.

Many of us who live with HIV never conceived of a time when we would be able to love, to have sex, and to conceive children without fear of transmitting HIV to our partners. The virus has been ever-present in the most intimate moments of our lives. Sharing the knowledge of U=U is an unprecedented opportunity to erode the internal and external HIV stigma that we have lived and died with for decades. It sets us free.

U=U can have a profound impact on each stage of the care continuum by reducing the anxiety associated with testing and by motivating treatment uptake, adherence, and retention in care. U=U offers an unequivocal public health argument to ensure that all people with HIV have the treatment and care options to benefit from U=U, so no one is left behind.

Despite this momentous and hopeful news, we face people and institutions around the world that continue to remain silent or exaggerate the risk of transmission. Exaggerating the risk puts our lives at risk. It is a massive human rights violation, and a wasted opportunity to propel us toward ending the dual epidemics of HIV stigma and HIV.

The U=U movement is putting an end to gatekeeping and is taking back control of the narrative. From the grassroots to global institutions, U=U is being celebrated and communicated loud and clear. Together, we're educating our communities, healthcare professionals, policymakers, and the public, and we're working with governments to update and communicate their descriptions of risk. Over 700 organizations from nearly 100 countries have signed on to the U=U campaign, joining a vibrant community that continues to grow.

Today is the first gathering of the U=U pioneers from every key affected population and sector of the HIV response. You'll learn about the U=U science and the global movement behind it. You'll hear how U=U is being integrated in communications,

treatment advocacy, decriminalization, and health care settings to improve the lives of people living with and affected by HIV.

I am confident you will be inspired and hope you will engage in challenging and meaningful dialogue today. Most importantly, I hope you bring this message back to share with your communities in ways that touch them.

I thank each of you for participating today and so many who have made this movement thrive, bringing hope and transforming lives. You should be very proud of what you have achieved and where we are heading together.

**Bruce Richman**

**Founding Executive Director, Prevention Access Campaign**

**Undetectable=Untransmittable (U=U)**

# ABOUT

## THE U=U PRE-CONFERENCE

AIDS 2018 is the first International AIDS Conference since Prevention Access Campaign launched the Undetectable equals Untransmittable Consensus Statement in 2016. We have an exciting opportunity to share the barrier-breaking U=U science with a global audience, celebrate the freedom and hope of the U=U message, and empower old and new community partners to use the U=U evidence to fight stigma, support HIV treatment initiation and adherence, and advocate for universal access to treatment.

The science is clear. We now know that people with HIV who have an undetectable viral load and take antiretroviral therapy as prescribed do not pass on HIV to sexual partners. Despite this liberating news, most people with HIV continue to receive confusing messages about HIV risk, while many policymakers and health care workers remain uncomfortable sharing the information or do not yet know or understand the U=U facts.

The U=U Pre-Conference brings together researchers, clinicians, public health officials, policymakers, and community members from around the world to discuss the science, messaging, advocacy, and clinical integration of U=U. Together, we can redefine the prevention and treatment narrative worldwide.



# AGENDA

## MORNING EMCEE:

Brenda Mugabona  
Global Activist

## AFTERNOON EMCEE:

Matthew Hodson  
Executive Director, NAM aidsmap

TIME	SESSION
8:30–9:00	CHECK-IN & COFFEE
9:00–9:10	<b>Welcome &amp; Opening Remarks</b> <b>Bruce Richman</b> Founding Executive Director, Prevention Access Campaign <b>Lucy Wanjiku Njenga</b> Founder and Team Leader, Positive Young Women's Voices
9:10–9:35	<b>Keynote Address</b> <b>Dr. Anthony S. Fauci</b> Director, U.S. National Institute of Allergy and Infectious Diseases
9:35–10:30	<b>SESSION 1</b> <b>The State of U=U Around the World</b> Celebrate the success of the growing U=U movement with activists who are spreading the message across the globe.  MODERATOR: <b>Bruce Richman</b> Founding Executive Director, Prevention Access Campaign <b>Arda Karapinar</b> Founder and President, Kırmızı Kurdele Istanbul (Red Ribbon Istanbul) <b>William Matovu</b> Founding Member, Love to Love Organization <b>Erika Castellanos</b> Director of Programs, Global Action for Trans Equality <b>Nic Holas</b> Co-Founder, The Institute of Many
10:30–10:45	BREAK

TIME	SESSION
<b>10:45–12:00</b>	<p><b>SESSION 2</b></p> <p><b>U=U Messaging to Fight Stigma</b></p> <p>How have individuals and organizations mobilized the U=U message to fight HIV stigma? Learn about successful campaigns around the world, from the grassroots to the national level.</p> <p>MODERATOR:</p> <p><b>Marama Pala</b> Executive Director, INA</p> <p><b>Lucy Wanjiku Njenga</b> Founder and Team Leader, Positive Young Women's Voices</p> <p><b>Dr. John Blandford</b> Director, HIV and Tuberculosis Programs, U.S. Centers for Disease Control and Prevention (Vietnam)</p> <p><b>Dr. Michael Brady</b> Medical Director, Terrence Higgins Trust</p> <p><b>Andrew Goyvaerts-Carson</b> Founder, Positive Moving On</p> <p>SPECIAL HONOREE:</p> <p><b>Lifetime Achievement in Health and Human Rights</b></p> <p><b>Dr. Pietro Vernazza</b> Chief of Division of Infectious Diseases and Hospital Epidemiology, Cantonal Hospital, St. Gallen, Switzerland; Author, Swiss Statement; Executive Committee, PARTNER study</p> <p>AWARD PRESENTED BY:</p> <p>Gina Marie Brown, Bob Leahy, Murray Penner, Bruce Richman, and Florence Thune</p>
<b>12:00–13:00</b>	LUNCH ( <i>provided</i> )
<b>13:00–14:15</b>	<p><b>SESSION 3</b></p> <p><b>U=U and Advocacy Campaigns</b></p> <p>Lack of access to treatment and the criminalization of HIV status are barriers to becoming and staying undetectable. U=U is a powerful advocacy message for universal access to treatment and decriminalization.</p> <p>MODERATOR:</p> <p><b>Jesse Milan, Jr.</b> President and CEO, AIDS United</p> <p>ACCESS TO TREATMENT</p> <p><b>Dr. Alex Schneider</b> Founder, Life4me+</p> <p><b>Jesús Aguais</b> Founder, AID FOR AIDS International</p>

TIME	SESSION
	<p><b>Micheal Ighodaro</b> Program Manager, AVAC</p> <p><b>Solange Baptiste</b> Executive Director, International Treatment Preparedness Coalition (ITPC)</p> <p>DECRIMINALIZATION</p> <p><b>Dr. Chris Beyrer</b> Desmond M. Tutu Professor of Public Health and Human Rights, Johns Hopkins University</p> <p>REMARKS</p> <p><b>Dr. José M. Zuniga</b> President/Chief Executive Officer, International Association of Providers of AIDS Care (IAPAC)</p>
<b>14:15–14:30</b>	BREAK
<b>14:30–15:45</b>	<p><b>SESSION 4</b></p> <p><b>What's the Real Risk? A Conversation Between Researchers and Community</b></p> <p>Researchers and community respondents discuss the state of the U=U evidence on transmission risk related to breastfeeding and injection drug use, as well as perceptions and understanding of the U=U facts.</p> <p>MODERATOR:</p> <p><b>Esther Dixon Williams</b> Treasurer, Board of Directors, European AIDS Treatment Group</p> <p><b>Dr. Linda-Gail Bekker</b> Deputy Director, Desmond Tutu HIV Centre, University of Cape Town</p> <p><b>Jonathon Rendina</b> Assistant Professor of Psychology, Hunter College</p> <p><b>Dr. Pietro Vernazza</b> Chief of Division of Infectious Diseases and Hospital Epidemiology, Cantonal Hospital, St. Gallen, Switzerland</p> <p>COMMUNITY RESPONDENTS:</p> <p><b>Eliane Becks Nininahazwe</b> Singer, Activist, and Stigma Fighter</p> <p><b>Lyle Muns</b> Co-Founder and Spokesperson, PROUD</p> <p><b>Dr. Rafael A. Torruella</b> Executive Director, Intercambios Puerto Rico</p>

TIME	SESSION
<b>15:45–17:05</b>	<b>SESSION 5</b> <b>Putting U=U into Practice</b> U=U has become a cornerstone of clinical guidelines, policies, and programming around the world. Practitioners, policymakers, and activists share strategies and successes.  MODERATOR: <b>Laurie Edmiston</b> Executive Director, CATIE <b>Dr. Demetre Daskalakis</b> Deputy Commissioner, Division of Disease Control, New York City Department of Health and Mental Hygiene <b>Dr. Sindisiwe van Zyl</b> General Practitioner <b>Doug Tejeda</b> CAS Guatemala <b>Matthew Hodson</b> Executive Director, NAM aidsmap
<b>17:05–17:15</b>	<b>Closing Remarks</b> <b>Charles King</b> President and CEO, Housing Works <b>Brenda Mugabona</b> Global Activist
<b>17:15–18:00</b>	<b>Reception</b>

# SPEAKERS

# SPEAKERS



## **Jesús Aguais**

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Having moved to New York City from Venezuela in the early 1990s, Jesús Aguais joined ACT UP New York as a health educator and counselor working in the HIV clinic at St. Vincent's Hospital. In 1996 he founded AID FOR AIDS International, the largest HIV medicine redistribution program in the world.



## **Eliane Becks Nininahazwe**

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Eliane Becks Nininahazwe is a Burundian singer and musician known for promoting HIV/AIDS awareness both in Burundi and in the Netherlands, where she now lives. She speaks out for those who cannot be heard by sharing her life story as a person living with HIV and transforming others into allies in the fight against stigma. In 2016 Eliane was named winner of the African Inspirational Award at the Voice Achievers Awards.



## **Solange Baptiste**

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Solange Baptiste is Executive Director of the International Treatment Preparedness Coalition (ITPC). She leads treatment advocates from across the globe to enable individuals in need to access optimal HIV treatment. She earned a Bachelor of Science degree from Tuskegee University and a Master of Science degree from the Harvard School of Public Health.



## **Dr. Linda-Gail Bekker**

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Linda-Gail Bekker, MBChB, DTMH, DCH, FCP (SA), PhD, is Deputy Director of the Desmond Tutu HIV Centre at the University of Cape Town and Chief Operating Officer of the Desmond Tutu HIV Foundation. She is President of the International AIDS Society (2016-2018) and Co-Chair for the 22nd International AIDS Conference, Amsterdam.



### **Dr. Chris Beyrer**

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Dr. Beyrer, MD, MPH, is the inaugural Desmond M. Tutu Professor in Public Health and Human Rights at Johns Hopkins Bloomberg School of Public Health and is founding director of the university's Center for Public Health and Human Rights. He has conducted disease and substance abuse prevention research and training efforts throughout the United States, Asia and Africa. Dr. Beyrer was elected to membership in the National Academy of Medicine of the United States National Academy of Sciences in 2014.



### **Dr. John Blandford**

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John Blandford, PhD, directs HIV/AIDS and tuberculosis programs for the U.S. Centers for Disease Control and Prevention in Vietnam and has supported global HIV/AIDS response efforts in various roles over the last 15 years. He has partnered with CBOs, NGOs and government officials to collaboratively establish U=U (K=K) in Vietnam.



### **Dr. Michael Brady**

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Dr. Michael Brady is Medical Director at the Terrence Higgins Trust in the United Kingdom and works as an HIV/AIDS physician in South London. His specific areas of interest include HIV transmission, testing and prevention. He played the role of Principal Investigator on both the PROUD and the PARTNER studies at Kings College Hospital, London.



### **Erika Castellanos**

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Erika Castellanos is a transgender HIV-positive woman from Belize. Erika is Director of Programs at the Global Action for Trans Equality. Additionally, Erika is Vice-Chair of GNP+, the communities delegation alternate board member to the Board of the Global Fund and co-chair of ViiV's Health Care Foundation Positive Action Program for MSM and Transgender People.



### **Dr. Demetre Daskalakis**

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Dr. Daskalakis, MD, MPH, is Deputy Commissioner for the Division of Disease Control at the New York City Health Department. Dr. Daskalakis directs the public health laboratory and all infectious disease control programs for New York City including HIV/AIDS. Dr. Daskalakis received his medical degree from New York University and completed his residency training in 2003 at Beth Israel Deaconess Medical Center in Boston. He received a Master of Public Health degree from the Harvard University.



### **Esther Dixon-Williams**

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Esther Dixon-Williams currently sits on the EATG board of directors as the treasurer and is a member of the AIDS Action Europe Steering Committee. Esther is also a member of the BHIVA guidelines sub-committee and a committee member of several of the BHIVA guideline writing groups on behalf of UK-CAB.



### **Laurie Edmiston**

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Laurie Edmiston is the Executive Director of CATIE, Canada's source for HIV and hepatitis C information ([www.catie.ca](http://www.catie.ca)). Laurie has held various positions in the HIV sector for over 30 years. CATIE is a proud supporter of the U=U campaign, having endorsed the consensus statement in January 2017.



### **Dr. Anthony S. Fauci**

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Dr. Fauci was appointed Director of the United States National Institute of Allergy and Infectious Diseases in 1984. He oversees an extensive research portfolio of basic and applied research to prevent, diagnose and treat established infectious diseases such as HIV/AIDS, respiratory infections, diarrheal diseases, tuberculosis and malaria as well as emerging diseases such as Ebola and Zika. Dr. Fauci has advised five presidents on HIV/AIDS and many other domestic and global health issues. He was one of the principal architects of the President's Emergency Plan for AIDS Relief (PEPFAR).





## **Andrew Goyvaerts-Carson**

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Andrew Goyvaerts-Carson is founder of Positive Moving On, a Northern Ireland-based not-for-profit organization that provides advice and support about HIV. He has maintained this initiative against the background of a religiously dominated political system and sectarian-driven society in Northern Ireland. Andrew's work continues to address the challenges and needs of individuals living with HIV/AIDS, as well as the difficulties associated with functioning in an ex-conflict zone.



## **Matthew Hodson**

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Matthew Hodson is Executive Director of NAM, a charity that supports health care professionals and people living with HIV/AIDS by providing news and information about treatment, support and prevention ([www.aidsmap.com](http://www.aidsmap.com)). Prior to joining NAM, he was CEO of GMFA, the gay men's health charity. Mr. Hodson was the winner of the 2017 Social CEO awards. He can be found on Twitter @Matthew\_Hodson.



## **Nic Holas**

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Nic Holas is an HIV/AIDS activist, writer and co-founder of The Institute of Many (TIM), an advocacy platform and grassroots movement for people living with HIV. TIM has the largest membership of any HIV/AIDS organization in Australia and has been identified as a major player in the nation's modern-day HIV/AIDS response efforts—delivering grassroots activism, digital campaigns, resources, events and digital community spaces since 2012.



## Micheal Ighodaro

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Micheal Ighodaro joined AVAC in fall 2014 as a Program and Policy Assistant. Originally from Nigeria, Micheal had to flee his country after he was attacked due to his sexual orientation and work. Prior to joining AVAC, Micheal worked in HIV prevention and care for the LGBTI community throughout Africa for many years, as well as with Housing Works and the International Gay and Lesbian Human Rights Commission in New York. He has spoken before the United Nations, the U.S. Congress, and the U.S. State Department. His work has appeared in the Huffington Post, BuzzFeed, New York Times, and several UN news outlets.



## Arda Karapınar

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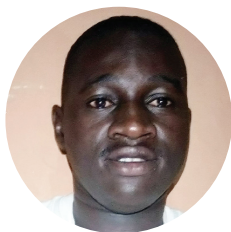
Arda Karapınar is an activist, NGO manager and politician. He is Founder and President of Kırmızı Kurdele Istanbul (Red Ribbon Istanbul), an organization focused on HIV activism. He is co-author of Turkey's first storybook about being HIV positive, *Nothing happens to me*. In 2017 he delivered the opening speech for the 10th anniversary of Antwerp Pride. He played a lead role in establishing the Turkish HIV Community Advisory Board and wrote Turkey's joint declaration for World AIDS Day. In 2017, he was elected Vice President of Turkey's only liberal political party, LibDems Turkey.



## Charles King

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Charles King is President and CEO, as well as Co-Founder, of Housing Works, the largest community-based AIDS service organization in the United States. Charles served on the governing body of UNAIDS as a member of the NGO Delegation to the Programme Coordinating Board and was Co-Chair of the New York State End of AIDS Task Force. Under Charles' leadership, Housing Works was the first community-based organization in the United States to sign the U=U consensus statement, and champions the message throughout all the services it provides in New York City as well as its advocacy work at the city, state, national and international levels. Charles holds both a law degree and a Master of Divinity degree from Yale University and is an ordained Baptist Minister.



## **William Matovu**

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William Matovu is a youth HIV/AIDS activist and one of the founding members of Love to Love Organization in Kampala, Uganda. He has lived with HIV since childhood. He has been lauded as an amazing young advocate around the issue of HIV/AIDS—especially for his work through social media platforms—and has been a key activist in spreading the U=U message and promoting consistent adherence without shame or fear.



## **Jesse Milan, Jr.**

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Jesse Milan, Jr., a tireless community advocate and nationally recognized expert on HIV/AIDS policies and programs, joined AIDS United in June 2016 as interim President and CEO and assumed the permanent position that November. A person living with HIV for over three decades, Milan is a recognized leader in the HIV community. He brings 30 years of experience in executive roles in the public and private sectors. He has addressed millions on television and radio, has given hundreds of presentations and workshops, and represented the U.S. State Department on three international speaking tours to seven African nations. He has been an inspiring keynote speaker at national and regional conferences and events including at the White House.



## **Brenda Mugabona**

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Brenda Mugabona is a 23-year-old woman born with HIV in Rwanda. From early on, she has been very open about her HIV status, appearing in numerous television programs and HIV campaigns. Her motto is, “Be the change you wish to see in the world!”



## **Lyle Muns**

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Lyle Muns is a 24-year-old political science student and sex worker in Amsterdam. In 2015, he co-founded and became the spokesperson for PROUD—the Dutch Union for Sex Workers. Later, he became President of the youth organization of the Dutch green party. Last year he was diagnosed with HIV, and he has since been working on initiatives that destigmatize individuals living with HIV.



## Lucy Wanjiku Njenga

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Lucy Wanjiku Njenga is the founder and team leader of Positive Young Women Voices, a Kenyan community-based organization that promotes access to health care, economic empowerment and mentorship to young women and adolescent girls living with and affected by HIV/AIDS. She is a local and regional influencer on international platforms dealing with issues faced by girls and women and has been a powerful voice influencing both decision makers and her broader community.



## Marama Pala

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Marama Mullen (aka Pala) is a member of the New Zealand Order of Merit and Executive Director for INA (Māori, Indigenous & South Pacific) HIV/AIDS Foundation. She also serves as Chair for the International Council of AIDS Service Organizations (ICASO), the International Community of Women living with HIV and the International Indigenous Working Group on HIV & AIDS.



## Jonathon Rendina

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Dr. Rendina received his MPH in biostatistics and his PhD in social psychology. His NIH-funded research focuses on social stress and health, with an emphasis on the role of sexual minority stress in driving LGBT health disparities and the impact of stigma on the health of people living with HIV.



## Bruce Richman

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Bruce Richman is the Founding Executive Director of Prevention Access Campaign and the U=U campaign. He has worked in global philanthropy for over two decades developing foundations, cause-marketing programs, social marketing campaigns, and interventions on a range of issues. Bruce has been honored for his work with U=U as the Healthline HIV Influencers “2017 Person of the Year,” among other accolades. He is committed to sharing lifechanging information about HIV undetectability and its benefits with all people living with HIV. Bruce received both his Ed.M. in Administration, Planning and Social Policy and his J.D. from Harvard University.



### **Dr. Alex Schneider**

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Dr. Schneider is a chemist with more than 20 years of experience working in the fields of chemistry, biochemistry and pharmacy. He has focused his activities on infectious diseases such as HIV, hepatitis C and tuberculosis. Dr. Schneider has developed an app for individuals living with HIV/AIDS that has reached more than 10,000 users. He is the founder of Life4me+, a nonprofit organization that organized a U=U campaign in Eastern Europe and Central Asia.



### **Doug Tejada**

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Doug Tejada is a communications specialist, photographer and gay activist. He is a former photographer for NOVICA.com, a partner of National Geographic. Mr. Tejada currently works at CAS, a clinic serving LGBTQ individuals that is dedicated to the prevention and diagnosis of HIV/AIDS. He led the "Accept the Challenge" campaign, which included critical U=U information that encouraged community members to get tested for HIV.



### **Dr. Rafael A. Torruella**

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Dr. Torruella earned his doctorate in social-personality psychology at the City University of New York and was a NIDA-funded post-doctoral fellow. Currently he is Executive Director of Intercambios Puerto Rico, a harm reduction organization that provides lifesaving services to and engages in advocacy for people who use drugs in Puerto Rico.



### **Dr. Sindisiwe van Zyl**

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Dr. Sindisiwe van Zyl ("Dr. Sindi") is a general practitioner with a special interest in HIV/AIDS. She previously worked for an NGO that addresses HIV/AIDS in Soweto, South Africa, during which time she found her niche on social media. She has used various social media platforms to share important and lifesaving information about HIV/AIDS. Dr. Sindi has embraced #UequalsU and made a concerted effort to ensure that South Africa continues to hear about this lifechanging hashtag. She lives in Johannesburg with her husband Marinus and their two children.



### **Dr. Pietro Vernazza**

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In 1985 Dr. Pietro Vernazza founded the HIV clinic at the Cantonal Hospital in St. Gallen, Switzerland, where he later participated in the development of the Swiss HIV Cohort Study (SHCS.ch) and coauthored numerous studies on clinical and epidemiological aspects of HIV. He is the author of the “Swiss Statement” of 2008 and serves on the Executive Committee of the PARTNER study. In July 2000, Dr. Vernazza became the first chief of the Infectious Disease Division at the Cantonal Hospital in St. Gallen, Switzerland. Since 1992, his personal research has focused on the sexual transmission of HIV.



### **Dr. José M. Zuniga**

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Dr. Zuniga was appointed President of the International Association of Providers of AIDS Care (IAPAC) in 1999. Prior to his appointment, he served as IAPAC’s vice president, charged with advancing the association’s medical education and technical assistance initiatives. He lectures at several academic institutions, has been published in various journals and is an active author and editor. A member of the UNAIDS Scientific and Technical Advisory Committee, he routinely advises United Nations health agencies, as well as bilateral institutions, such as PEPFAR. He is a member of the American Public Health Association and the National Hispanic Medical Association.

# THE FACTS ON U=U



# THE FACTS ON U=U

**Celebrate the groundbreaking fact that Undetectable equals Untransmittable!**

**People living with HIV who take their medications as prescribed and have a suppressed or undetectable viral load cannot pass on HIV to sexual partners (Undetectable = Untransmittable: U=U).**

## WHAT DOES IT ALL MEAN?



- People with HIV can take HIV medications called antiretroviral therapy (ART) to reduce the amount of virus in their blood. The amount of HIV virus in the blood is called **viral load**.
- A person with HIV whose viral load is measured at less than 200 copies per milliliter of blood is considered to have a suppressed viral load. This is called **viral load suppression**.
- Some people with HIV have a viral load so low that it doesn't show up on a viral load test. The virus is still present in their body, but the levels are too low to measure. This is called an **undetectable viral load**.
- A person with HIV who takes their HIV medication as prescribed usually achieves an undetectable viral load between one and six months after initiating treatment.
- A person with HIV who takes HIV medication as prescribed and achieves a suppressed or undetectable viral load **cannot transmit HIV** to sexual partners.
- Having a suppressed or undetectable viral load also stops HIV from progressing. Early, effective, and consistent HIV medication enables people with HIV to live long, healthy lives.
- Adherence and monitoring are key! Maintaining a suppressed or undetectable viral load requires taking HIV medication as prescribed. Continued viral load monitoring is necessary to stay healthy and stop HIV transmission. Most doctors recommend having a viral load test once every six months.





## THE U=U MESSAGE OF FREEDOM AND HOPE:

- Reduces the shame and fear of sexual transmission, enabling healthy sexual and reproductive lives
- Dismantles HIV stigma on the personal, clinical and community levels
- Encourages people living with HIV to start and stay on treatment and in care
- Strengthens advocacy efforts for universal access to effective treatment and care



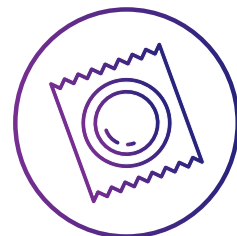
## U=U IS SUPPORTED BY THE SCIENCE:



A groundswell of clinical and observational evidence has been building to support U=U since 1998. Recent findings from three major studies demonstrate that effective treatment prevents HIV sexual transmission. These studies were HPTN 052, PARTNER, and Opposites Attract. [\[1\],\[2\],\[3\]](#) The studies reported close to 80,000 acts of vaginal or anal intercourse without a condom between HIV negative and HIV positive partners. There was not a single HIV transmission in any of the studies when the HIV positive partner had a suppressed or undetectable viral load.

## YOU MAY BE WONDERING...

- **WHAT ABOUT BLIPS?** Some people with a suppressed or undetectable viral load will experience viral load **blips**. These are small, temporary increases in viral load. Blips are relatively common and do not mean that a person can transmit the virus to sexual partners.
- **WHAT ABOUT CONDOMS OR PREP?** Condoms or PrEP are not necessary to prevent HIV when the partner living with HIV takes medication as prescribed and has a suppressed or undetectable viral load. Having a suppressed or undetectable viral load only prevents HIV, not other sexually transmitted infections (STIs) or unintended pregnancy. A suppressed or undetectable viral load, PrEP, and condoms are all effective HIV prevention methods that can be used independently or together depending on sexual practices and relationships. For instance, if someone is having sex with more than one partner, they may consider using PrEP and/or condoms to protect against HIV or other STIs. Condoms, PrEP, or emergency PEP might be considered if the HIV-negative person is unsure of their partner's viral load or for an added sense of security.



- **ISN'T THERE STILL HIV IN SEMEN?** When HIV is undetectable in the blood, there may still be traces of HIV RNA and DNA in the semen. This does not mean that a person can transmit HIV. A person living with HIV still cannot transmit HIV, even if there is HIV in the semen, as long as they take their medication as prescribed and have a suppressed or undetectable viral load.

## HOW DO YOU SAY U=U?

The science is clear. There is no risk to take into consideration when creating sexual health messaging about U=U. The U=U message is transformative when it's clear and consistent. When describing the risk from a person living with HIV, we must be impeccable in our language.



Clarity and consistency matters. For example, “cannot transmit,” “can’t pass it on,” “do not transmit,” “no risk,” and “effectively no risk” are all descriptions that are backed by science in a real-world context and are used by leading organizations around the world. <sup>[4]</sup> Risk assessments such as “practically zero” or “extremely low to no risk” open up an unnecessary window of risk that perpetuates stigma and leaves people with HIV vulnerable to self and external harm.

Some people do not have an undetectable or suppressed viral load by choice or circumstances outside of their control. Please keep in mind that no one living with HIV is a danger. Self-worth is not measured by viral load tests. People with HIV who do not have an undetectable or suppressed viral load also have options for safer sex. Condoms and PrEP, where available, are also effective HIV prevention options.

## HERE'S WHAT SOME OF THE EXPERTS SAY:

“Scientists never like to use the word ‘Never’ of a possible risk. But I think in this case we can say that the risk of transmission from an HIV-positive person who takes treatment and has an undetectable viral load may be so low as to be unmeasurable, and that’s equivalent to saying they are uninfected. It’s an unusual situation when the overwhelming evidence base in science allows us to be confident that what we are saying is fact.” <sup>[5]</sup>

“The science really does verify and validate U=U.” <sup>[6]</sup>

“From a practical standpoint, the risk is zero. So, don’t worry about it.” <sup>[7]</sup>

— **Dr. Anthony S. Fauci, MD, Director, NIAID, NIH**

“All of us here at CATIE, and indeed around the world, are celebrating the most significant development in the HIV world since the advent of effective combination therapy 20 years ago—people living with HIV with sustained undetectable viral loads can confidently declare to their sexual partners ‘I’m not infectious!’” [8]

— **Laurie Edmiston, Executive Director, CATIE,  
Canada’s source for HIV and hepatitis C information**

“This has enormous implications for the battle against the epidemic, particularly in the global south and regions such as Eastern Europe and Central Asia, where access to HIV diagnostics and ART remains poor. Achieving U=U will not be possible where HIV diagnostics, such as viral load testing, are unavailable, where stockouts interrupt treatment access, and where there are inadequate community and health system support to maintain adherence.... [This evidence] is a clarion call to governments and other funders that increasing access to ART is critical to halting the AIDS epidemic and reaching the “90-90-90” goals set by the United National Global Programme on HIV/AIDS (UNAIDS).” [9]

— **Joint statement from ICASO (International Council of AIDS  
Service Organizations) and INA (Māori, Indigenous & South Pacific)  
HIV/AIDS Foundation**

“Last month, the global medical and scientific community at the forefront of HIV research and care came together in Paris for the ninth International AIDS Society Conference, where they announced—unequivocally—that an undetectable HIV viral load means HIV is untransmittable.” [10]

— **Dr. Julio Montaner, Professor of Medicine, University of British Columbia**

“NAM aidsmap, one of the foremost sources of HIV information in the world, strongly endorses the ‘Undetectable Equals Untransmittable’ (U=U) Consensus Statement issued by the Prevention Access Campaign. The scientific evidence is clear. Someone who has undetectable levels of virus in their blood does not pose an infection risk to their sexual partners. This understanding transforms the way that HIV is considered with enormous implications for what it now means to live with HIV and the best ways to prevent it.” [11]

— **NAM aidsmap**

“U=U is a simple but hugely important campaign based on a solid foundation of scientific evidence. It has already been successful in influencing public opinion, causing more people with HIV (and their friends and families) to comprehend that they can live long, healthy lives, have children, and never have to worry about passing on their infection to others. The CDC officially backing the science behind the campaign is another key step towards U=U being the most important message of 2017 in the fight against HIV.” <sup>[12]</sup>

#### — The Lancet HIV

“People who take their ART effectively and in whom the virus is suppressed to undetectable levels are no longer infectious. A massive public health and social justice response has led to unprecedented scale up of this miraculous treatment.” <sup>[13]</sup>

#### — UNAIDS Science now

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**U=U is a global campaign endorsed by a growing community of over 700 experts, public health bodies, and HIV organizations from more than 100 countries.**

Learn more and declare your endorsement of the U=U Consensus Statement:  
**[www.PreventionAccess.org](http://www.PreventionAccess.org)**

**[1]**

MS Cohen et al., "Antiretroviral Therapy for the Prevention of HIV-1 Transmission," *New England Journal of Medicine* 375 (2016): 830–839, DOI: 10.1056/NEJMoa1600693.

**[2]**

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A Grulich, "HIV treatment prevents HIV transmission in male serodiscordant couples in Australia, Thailand and Brazil," oral abstract, IAS 2017, <http://programme.ias2017.org/Abstract/Abstract/5469>.

**[4]**

For additional information on current U=U messaging, contact Prevention Access Campaign.

**[5]**

G Cairns, "International study of gay couples reports no transmissions from an HIV-positive partner on treatment," NAM, July 25, 2017, [www.aidsmap.com/page/3159177](http://www.aidsmap.com/page/3159177).

**[6]**

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**[7]**

J Robbins, "Fauci: From A Practical Standpoint The Risk Is ZERO," January 27, 2018, [www.imstilljosh.com/fauci-the-risk-is-zero](http://www.imstilljosh.com/fauci-the-risk-is-zero).

**[8]**

CATIE, "Undetectable=Untransmittable—CATIE signs on," January 13, 2017, <http://blog.catie.ca/2017/01/13/undetectableuntransmittable-catie-signs-on>.

**[9]**

ICASO, "ICASO And INA Endorse U=U Consensus Statement," January 20, 2017, [www.icaso.org/icaso-ina-endorse-uu-consensus-statement](http://www.icaso.org/icaso-ina-endorse-uu-consensus-statement).

**[10]**

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**[11]**

NAM aidsmap, "NAM endorses Undetectable equals Untransmittable (U=U) consensus statement," February 9, 2017, [www.aidsmap.com/page/3116508](http://www.aidsmap.com/page/3116508).

**[12]**

"U=U taking off in 2017," *The Lancet HIV* 4, no. 11 (2017), DOI: 10.1016/S2352-3018(17)30183-2.

**[13]**

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# U=U AT AIDS 2018

**The dialogue is just getting started! Come celebrate, activate, and implement U=U at these exciting events held throughout the International AIDS Conference:**

## **U=U Networking Zone**

Monday–Friday, 23–27 July  
Global Village, Booth 508

## **U=U Contingent at the March**

Monday, 23 July  
13:00–16:00  
START LOCATION: Amstelveld  
END LOCATION: RAI Amsterdam

## **U=U Workshop**

*Crafting Supportive Public Health  
Policy from the Scientific Evidence  
to Support Community Action*

Tuesday, 24 July  
11:00–12:30  
Room E102

## **The U=U 2018 Dance Party!**

Wednesday, 25 July  
17:20–18:20  
Global Village Mainstage

## **Rapporteur Session and Closing Ceremony**

Friday, 27 July  
14:15–17:15  
Hall 12

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