

THE BASICS: WHAT EVERYONE SHOULD KNOW ABOUT HIV

- HIV treatment is extremely effective – life expectancy is unaffected.
- People on treatment have a very low level of virus in their body which means they are not infectious. **U=U**
- A third of people living with HIV have experienced stigma and discrimination, half within a healthcare setting.



You can't get HIV:

- From sharing food, cooking or eating utensils.
- From kissing.
- From shaking hands or hugging.
- From the toilet or swimming pools.
- From spitting or biting.
- From sneezing.

HIV- If someone is on effective treatment **they can't pass it on.**

U = U

Undetectable

Untransmittable

- When treatment is taken as prescribed - usually just one or two tablets a day - it can reduce the level of the HIV Virus in the blood to such a low level that it is **Undetectable**.
- When the virus level reaches an **Undetectable** level for six months the virus is **Untransmittable** - it can't be passed on to others.
- This is known as **U = U, Undetectable = Untransmittable**