

# HOW TO TALK ABOUT “U=U”

hey sexy, what's ur status?

wym? 📱 📱 📱

I'm undetectable. wbu?

idk what that is



undetectable means super low levels of HIV virus in my body when im taking my medication regularly.

so what does that mean for when we... u know lol?

lmao have you heard of U=U???



# DID YOU KNOW

“U=U” means undetectable equals untransmittable.

When a person living with HIV is taking their medication, the amount of the virus in their blood is so low that HIV won't be transmitted during sex with their partners.

# FINDING FREEDOM WITH U=U

Not having to worry about transmitting HIV to someone you care about, or even just have sex with, is a big deal.

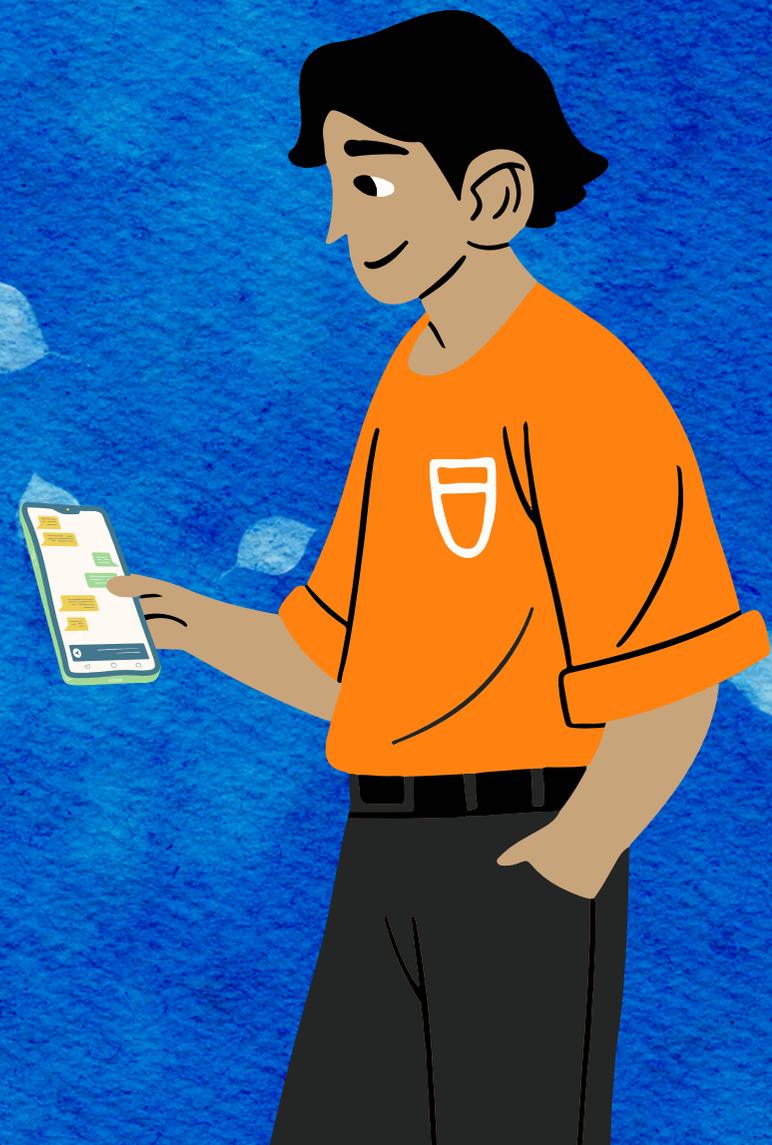
It can make you feel more confident talking about intimate subjects in your relationships.

ok i think i get it....but still doesn't answer my question



before, i would've avoided sex because of my status

but now i know i can fuck without fear, you know?





you know, i feel kinda bad i  
dont know my status...

there's a HIV testing event near  
me. ngl i'd be happy to take you

i'd love that 🥰🥰

## **BE INTENTIONAL**

In a world where many people face challenges accessing health services, remember: we are more than just an HIV status.

Having open, honest, and supportive discussions about HIV in your relationships can create environments for our sexuality to thrive.