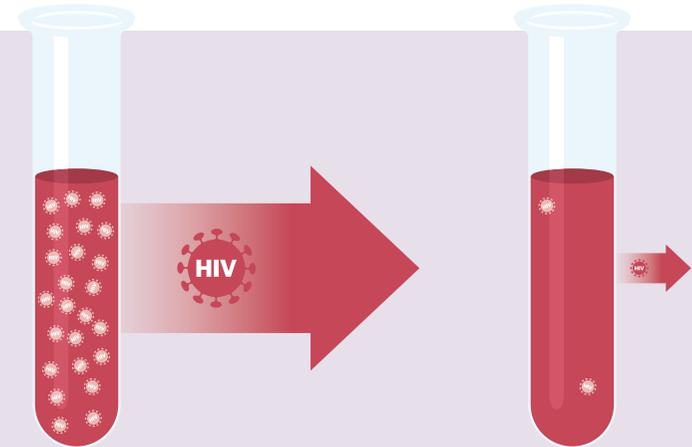


The basics

Transmission and viral load



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Charity number 1011220

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This leaflet can be viewed in large format as a PDF.
Call NAM on 020 3242 0820.



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Notes

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Want to find out more?

For more information on this topic:

- read our 'Undetectable viral load' and 'Transmission facts' leaflets;
- read our 'Infectiousness' fact sheet; or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

There's less risk of passing HIV on if your viral load is undetectable because you are taking anti-HIV drugs.

You are less likely to pass HIV on during sex if all of the following apply.

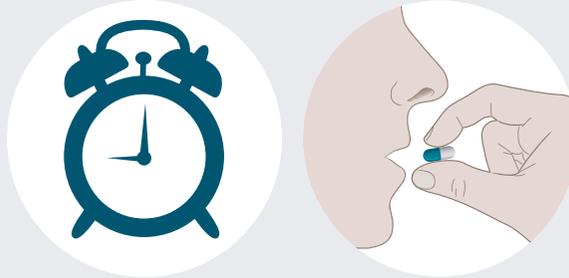
Your viral load has been 'undetectable' for several months. This means that there is only a little HIV in your blood.



It's important to have your viral load checked regularly.

and

You take the right amount of your anti-HIV drugs at the right times.



If you don't, your viral load could rise.

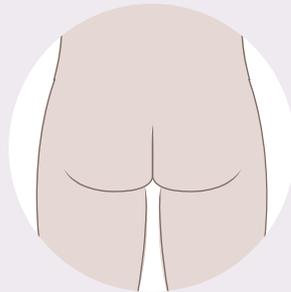
and

You (and any sexual partner) do not have any sexually transmitted infections.



It's important to have regular sexual-health check-ups.

If these circumstances apply, is it still possible to pass HIV on? **Yes, occasionally.**



It is more likely during anal sex than other types of sex.



Not all scientists agree about how much treatment reduces the risk of passing on HIV. Research continues.

Important points

- Using condoms correctly is the most reliable way of preventing HIV from being passed on during sex.
- Effective HIV treatment also reduces the risk of passing on HIV.
- Both you and your partner should ask your doctor for advice, based on your own circumstances.