

So **let's stop** asking  
questions like...

*«Are you clean?» or  
«You don't have AIDS, I hope?!»*  
...and **get informed.**

### Our information tools



Order our tools free of charge  
on our website:

[actions-traitements.org/nos-outils/commandes](https://actions-traitements.org/nos-outils/commandes)

### Our helpline



on **WhatsApp** at +336 66 45 47 03  
Monday to Friday from 10 AM to 6PM  
initial contact **by message**  
(confidential exchanges with trained volunteers)



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LET'S TALK ABOUT IT!  
La prévention du VIH,



Undetectable HIV  
= Untransmittable\*

That means

**ZERO**

**transmission!**

\*Also known as U = U



# It's a proven and undeniable scientific fact:

- A person who is HIV-positive and on effective antiretroviral treatment **does not transmit HIV** to their partner(s).
- There is **ZERO RISK OF TRANSMISSION!**

## Reminder

A person living with HIV takes antiretroviral treatment **to stay healthy** by blocking the virus from multiplying in **their** body.

This allows the person to:

- regains an effective immune system,
- have a life expectancy equivalent to that of the general population.

# What is U=U?

U = U was first demonstrated on  
**December 1st 2007**, for World AIDS Day.

U = U is also known as **I = I** in French:  
indetectable égale intransmissible.

## Want proof?!

The «Partner 2» study published in 2018:  
**77,000 sexual encounters** studied  
among serodiscordant couples, without  
condom use

→ Number of HIV transmissions = **ZERO**

People who transmit HIV are those  
who are unaware of their  
HIV status...  
**because they do not get tested  
or do not get tested regularly enough.**