Unpacking U=U: A global message and the movement
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In early 2016, people living with HIV organized with allies and researchers to communicate a life-changing but widely unknown and radical fact: a person living with HIV who has an undetectable viral load and is taking medication as prescribed cannot transmit HIV to sexual partners. In other words, Undetectable = Untransmittable (U=U).

The U=U campaign began in the U.S. as a struggle for truth rooted in the principle that all people living with HIV have a right to accurate and meaningful information about their sexual and reproductive health. It grew into a community-driven global movement accepted by the international scientific and medical community, and reaching every key affected population in nearly 100 countries – and growing.

Prevention Access Campaign

You'll hear the inside story of why and how the U=U campaign got started, see fascinating U=U campaigns and activism from around the world, and learn how you can join the movement to redefine what it means to live with HIV.