

BLACK WOMEN AND HIV

U=U

UNDETECTABLE =
UNTRANSMITTABLE

U=U also known as Treatment as Prevention (TasP) means that a person living with HIV has reached viral suppression and has virtually no chance of transmitting HIV to a sexual partner.

When a person living with HIV takes their medication as prescribed, they protect their immune system.

Now, we also know that reaching viral suppression means that a person correctly taking their medication will not transmit HIV to their partner.

THE BLACK
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Treatment as Prevention and U=U is for Black Women

Black Americans make up about 12% of the U.S. population but in 2016 made up 44% of all new HIV infections. Black women (who sleep with men) have a lifetime risk of 1 in 54 of being diagnosed with HIV if nothing changes. In fact, Black women are the second most highly impacted group in the U.S. when it comes to HIV diagnoses.

Research shows that HIV occurs more often in Black communities because of racism, sexism, transphobia, poor health services, and other factors that impact Black Women more than other groups. Using treatment as prevention is a way for Black women to take control of their own health and combat HIV stigma at the same time.

Viral Suppression and Undetectable Viral Load

HIV medicine is called anti-retroviral therapy, or ART. If taken as directed, HIV medicine reduces the amount of HIV in the blood at a very low level, which means the immune system will stay healthy and able to fight off illness and infection. The term for this is viral suppression, which means having less than 200 copies of HIV per mL of blood. This is called an undetectable viral load.

6 Fluids That Potentially Can Transmit HIV

- ▶ Semen (cum)
- ▶ Blood
- ▶ Breast Milk
- ▶ Pre-seminal Fluid (precum)
- ▶ Rectal Fluid
- ▶ Vaginal Secretions (fluids produced during vaginal sex)

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5 Facts about U=U You Should Know

▶ U=U and condoms

TasP does not prevent other STIs, so condom use is still recommended. If sex without a condom or barrier method occurs, TasP can prevent HIV from being transmitted.

▶ U=U and Gender Affirmation

Most HIV medication can be taken with hormones for gender affirmation. Your doctor can give you more information about your specific HIV medication regimen and how it work with any hormones you are taking.

▶ Treatment as Prevention and Pregnancy

HIV can be passed from mother-to-child during pregnancy, labor, and delivery. To prevent this, ART can be used. Talk to your doctor about possibly adjusting your HIV medication to make sure the medication will still work for you and your baby while you are pregnant.

▶ U=U and Breastfeeding

More research needs to be done about U=U and breastmilk. If your doctor advises you to breastfeed, you and your doctor will come up with a HIV medication plan for you and your baby.

▶ Women Living with HIV Have Rights

Women living with HIV have the right to medical care, information about medication, family planning information and a fulfilling and healthy sex life, free of judgement. If you feel like your rights are being denied, call the Black AIDS Institute at 213-353-3610 ext. 107

