

**AIDS-Hilfe  
Steiermark**

kompetent in Fragen der  
**sexuellen Gesundheit**



*I am*  
**HIV-positiv**

*I am*  
**NOT CONTAGIOUS**



**U = U**



[www.aids-hilfe.at](http://www.aids-hilfe.at)

# U=U

**UNDETECTABLE = UNTRANSMITTABLE**

This slogan conveys the fact that the virus production can be suppressed successfully, so that there is no more virus to be detected in the blood. Subsequently, virus transmission is made impossible.

**We support the U=U campaign  
#KNOWLEDGE AGAINST STIGMA**

Your personal protection through therapy as prevention (TASP) needs a reliable base of communication and trust and it needs a responsible partner! Treatment as prevention therefore is recommended especially in steady relationships.

**But: what does TREATMENT AS PREVENTION (TASP) mean for you personally?**

If you are HIV-positive and undergoing an effective therapy, you cannot transfer the virus. The same is true for your sex partner – of course, this holds true only if the therapy is done diligently and under permanent medical control of your doctors.

**TREATMENT AS PREVENTION –  
communication and reliability  
are important requirements**

In our opinion, the fear of infection is one of the main reasons for discrimination. The U=U campaign therefore is an important and at the same time effective message in order to face this fear and fight discrimination.



Find us on facebook and instagram  
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