

**WHAT IS**  
**U=U?**  
**UNDETECTABLE**  
**EQUALS**  
**UNTRANSMITTABLE**

*It means that someone taking  
antiretroviral (ARV) drugs and with an  
undetectable viral load cannot transmit  
HIV to their sexual partner(s).*

**GET IN CARE. STAY IN CARE. LIVE WELL.**

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FROM THE AMERICAN PEOPLE





# STOP INTIMATE PARTNER VIOLENCE.

Support healthy,  
respectful &  
nonviolent  
relationships.



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# **SHOW COMPASSION**

**TO PEOPLE LIVING  
WITH HIV**

**TO HELP THEM LIVE  
LONG AND ENJOY LIFE  
TO THE FULLEST**

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# RECOMMEND HIV TESTING

## TO YOUR FAMILY & FRIENDS

Knowing your HIV status is important for your health and that of your community.

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# ***PROTECT YOUR SEXUAL HEALTH***



## ***TALK***

openly with your sexual partner(s) and health care provider about your sexual health and STIs including HIV.



## ***TEST***

to know your HIV status.



## ***TREAT***

and start the treatment plan recommended by your health care provider.

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# ACCESS THE HEALTHY LIVING PLATFORM (HLP)

**FOR FREE!**

HLP provides you with health information and tips on STI, HIV, life skills and gender-based violence. **It connects you to a helpline counselor.**



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# HIV TESTING IS



**FREE**



**FAST**



**CONFIDENTIAL**

Visit the nearest health facility  
for testing and counseling.

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**HELP**

**STOP**

**Mother to child  
transmission  
of HIV**

**Test for  
HIV during  
pregnancy**



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**HELP**

**STOP**

**GENDER-BASED  
VIOLENCE**

*Do you know that gender-based  
violence is a risk factor for HIV?*

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**GET TESTED.  
KNOW YOUR**

**HIV**

**STATUS TODAY!**

People living with HIV can live long,  
healthy lives if they adhere to their  
treatment.

**GET IN CARE. STAY IN CARE. LIVE WELL.**

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# **BREAK THE CHAIN**

## **OF HIV TRANSMISSION BY RECOMMENDING HIV TESTING TO YOUR SEXUAL PARTNER(S)**

**HIV can be transmitted to anyone,  
anywhere, and at any time. If you test  
positive, get your sexual partner(s)  
to get tested so they also know their  
HIV status.**

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