


# Undetectable Equals Untransmittable

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Many people living with HIV can achieve an undetectable viral load by adhering to antiretroviral treatment over a period of at least six months. Evidence has shown that as long as you continue to have your viral load monitored by a health professional to confirm that you are undetectable, then there is zero risk of you transmitting HIV to others and your health will not be affected by HIV.



A person living with HIV is considered 'undetectable' (virally suppressed) when HIV treatment brings levels of HIV in the body to such low levels that tests cannot detect it.

As long as treatment is adhered to and viral load remains undetectable (and monitored), they cannot transmit HIV to others and their health is not affected by HIV.

**Avert** ›

Find out more about what it means to have [Undetectable HIV](#).