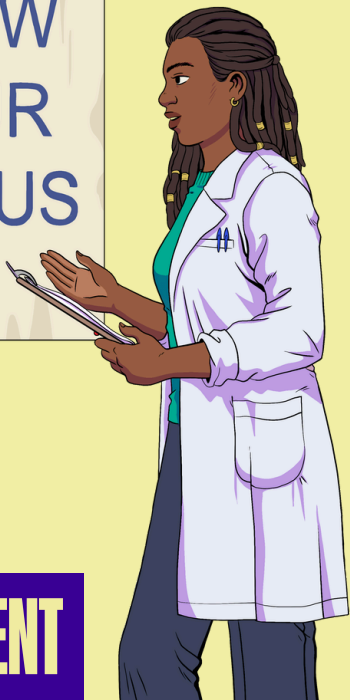
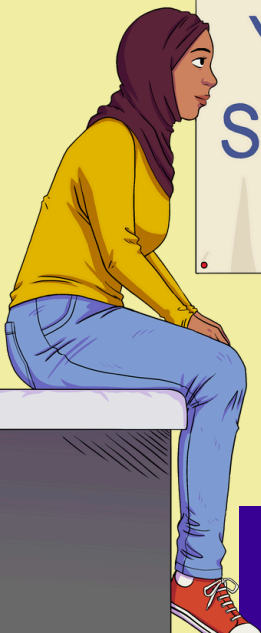
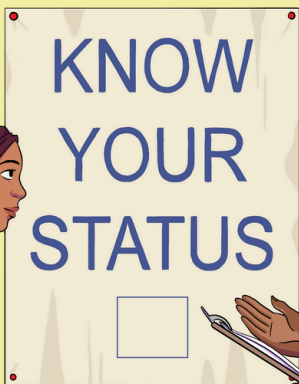


IT'S OKAY TO HAVE HIV.



SEXFLUENT

With effective treatment and care, a person with HIV will live a long and healthy life.

For most people, HIV treatment can be as simple as one pill a day. The sooner treatment is started, the better it is for their health. HIV medications are easy to take and usually cause few side effects.

HIV treatment can't cure HIV, but if taken consistently as prescribed, it can keep the amount of virus in the body so low that a blood test can't even detect it. This is called having an "undetectable" viral load or being "undetectable."

When a person's viral load is undetectable, it's impossible to pass on HIV through sex.

This scientifically proven fact is known as Undetectable = Untransmittable, or U=U.



 **CATIE** x **SEXFLUENT**

To learn more about HIV treatment and U=U, visit CATIE.ca.

Visit Sexfluent.ca and follow [@sexfluent.ca](https://www.instagram.com/sexfluent.ca) on Instagram and TikTok.

