

UNDETECTABLE VIRAL LOAD



01

When you have HIV, the tests that will be done to you include measurement of viral load in the blood. This shows how much virus is in the body and how treatment, when you are taking it, is working.

Tests cannot measure very small amounts of HIV. **When viral load is described as “undetectable”, this means that there is very little HIV and not that it has completely disappeared from your body.** If you stop taking the treatment, the viral load will increase.

When the amount of HIV in your body is very low, it is harder to weaken your immune system, which is what protects you from illness. When you have a strong immune system, you are less likely to suffer from illnesses or infections.

An undetectable viral load also reduces the chances of transmitting the virus to others. This is also a reason that may help you to choose whether or not you want to start taking the treatment.



02

MAIN POINTS

- The main purpose of anti-HIV treatment is to reduce viral load to undetectable levels.
- An undetectable viral load means that the amount of HIV in the blood is very low. It does not mean it has disappeared.
- This will help you to remain in good health.
- An undetectable viral load also reduces the risk of HIV transmission.



GTT-VIH
GRUPO DE TRABAJO SOBRE
TRATAMIENTOS DEL VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIÓN



Generalitat de Catalunya
Departament de Salut
PROGRAMA DE PREVENCIÓ I ASSISTÈNCIA
DE LA SIDA



FOR SOLIDARIDAD
OTROS FINES DE INTERÉS SOCIAL



Secretaría del Plan Nacional sobre el Sida



ÀREA DE QUALITAT DE VIDA,
IGUALTAT I ESPORTS



Diputació
Barcelona
ÀREA DE BENESTAR SOCIAL

COLABORA



ETIS
SIEMPRE TRABAJO JUNTOS
INMIGRACIÓN I SALUT



TROPICAL
DRAGAGEES



¿TIENES DUDAS
SOBRE EL TEMA?
PREGÚNTANOS

Tel. 93 458 26 41
consultas@gtt-vih.org