

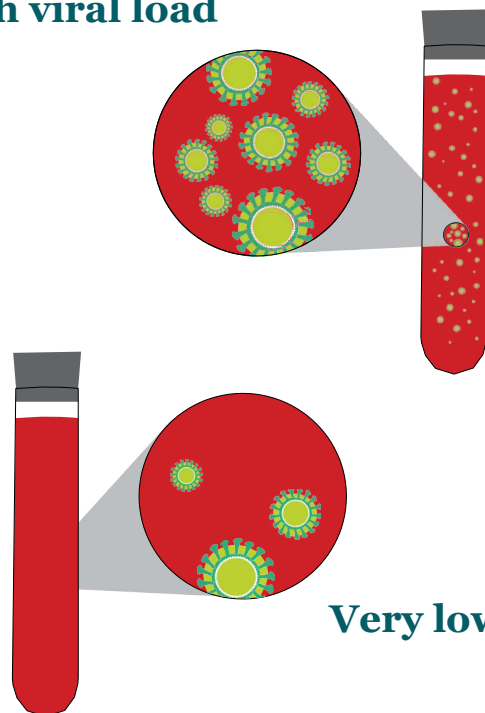
What is a Viral Load?

The amount of **HIV** in your blood can be measured. This amount is called your **viral load**. Taking your medications every day, as prescribed, can get your viral load down to a very low or even undetectable level. An undetectable viral load, means the amount of virus in your blood is so low that it can't be detected. If your viral load is very low or undetectable, then the virus is under control to keep you healthy.

Q: Why is it important to have an undetectable viral load?

A: When your viral load is undetectable, you have the best chances of staying healthy. And if you take your HIV medication the right way every day and keep your viral load undetectable, then you have effectively no risk of transmitting HIV during sex.

High viral load



Very low viral load = better