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Dear Colleague,

The Los Angeles County Department of Public Health’s Division of HIV and STD Programs (DHSP) urges HIV service providers to continue to share and promote the Undetectable Equals Untransmittable, or U=U, message with your patients. As you know, scientists have confirmed that with the consistent use of antiretroviral medications and maintenance of an undetectable viral load, people living with HIV (PLWH) cannot transmit HIV to their sexual partners.

The U=U message stems from a large body of scientific evidence that demonstrates that PLWH who maintain an undetectable viral load (defined as less than 200 copies/ml) for at least six months, do not transmit HIV through sex. International organizations such as the Joint United Nations Programme on HIV/AIDS and the World Health Organization as well as several domestic federal agencies (National Institutes of Health, Health Resources and Services Administration and the Centers for Disease Control and Prevention) have all publicly affirmed agreement with the U=U message. As stated by Dr. Anthony S. Fauci, Director of the National Institute for Allergy and Infectious Diseases, “The science really does verify and validate U=U.” A review of the evidence has been provided in this packet which can be found at http://publichealth.lacounty.gov/dhsp/U=U_Provider_Kit.htm.

As a provider caring for PLWH, you have the power to transform the lives of your patients and their partners with the U=U message. Many PLWH avoid relationships out of fear of transmitting HIV. By actively raising the concept of U=U, you can join the fight against HIV-related stigma and discrimination that PLWH continue to experience and have internalized for too long. As you know, your voice carries immeasurable weight.

Please join DHSP in sharing the U=U message with the residents of our County. Here is how you can help:

1. Ensure that all clinic providers and staff are aware of the U=U message and the science that supports this message.
2. Place U=U informational material throughout your clinic.
3. Talk to every patient you serve about the benefits of U=U.

As we take a moment today, World AIDS Day 2020, we reflect on the loss and suffering caused by the HIV epidemic. This day also offers renewed hope and commitment to collectively join our individual contributions and actions that improve the human condition on a global scale. Thank you for your partnership, service and commitment to promote the U=U message.

Very truly yours,

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