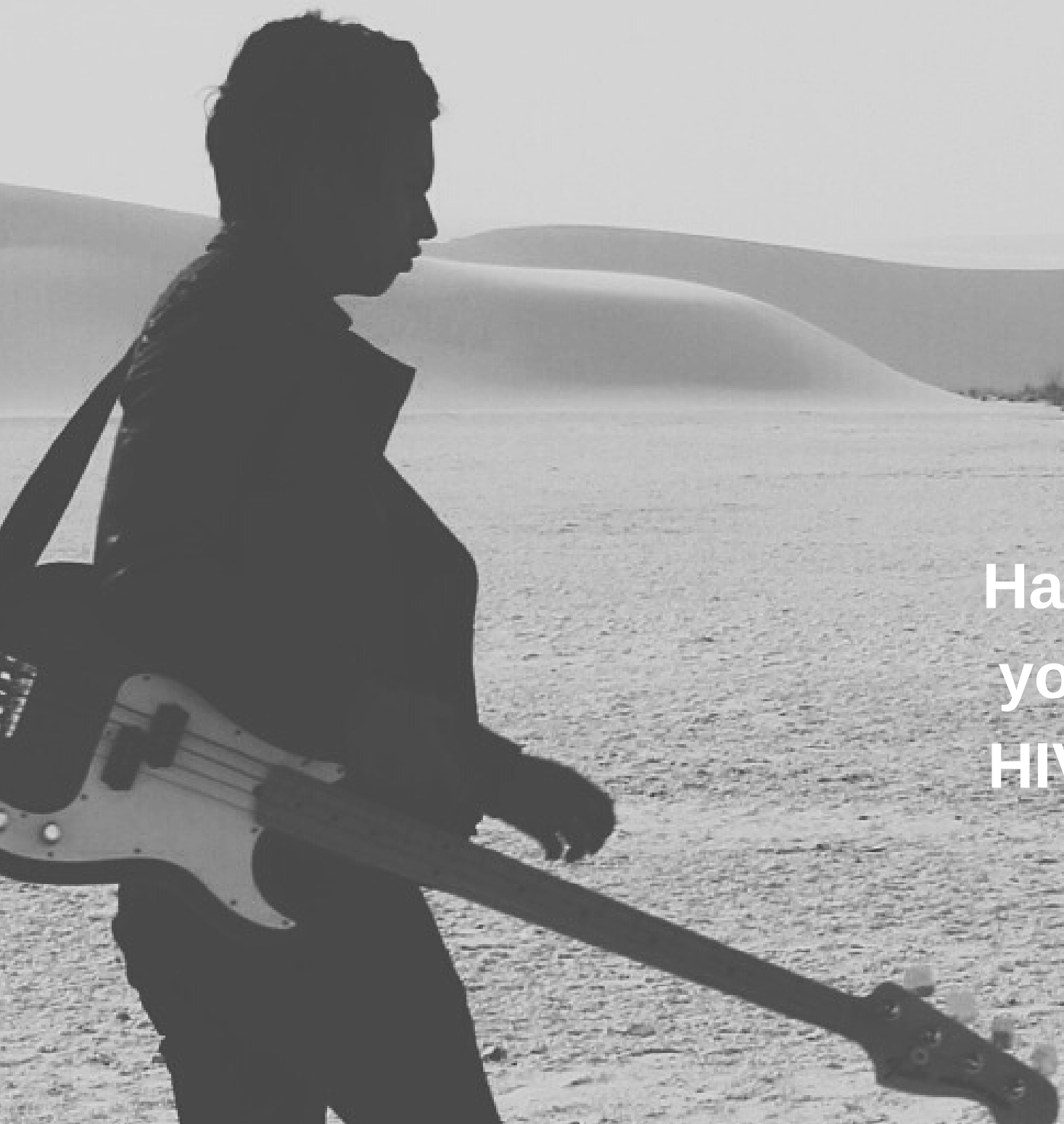


**KNOW**

**LOVE**

**LIVE**



Have you been diagnosed with HIV? Do you have any friends/family living with HIV? Are you suffering from HIV-related stigma?

[www.ahnonymous.org](http://www.ahnonymous.org)

## *hiv facts and figures*

1. In spite of being used simultaneously, HIV is a virus that causes AIDS. Chronic (untreated) HIV leads to a syndrome called AIDS that can have deadly complications.
2. Starting HIV treatment early, within 6 months of contracting the virus greatly improves outcomes and improves survival rates by up to 90%
3. The right HIV treatment can lead to suppressed viral loads; a state known as undetectable. Thus tests that quantify HIV levels cannot pick up the levels of the virus in the blood, even though you still remain positive.
4. In the PARTNER study published in 2016, undetectable = untransmittable. Thus an HIV + person with undetectable viral loads does not transmit HIV to their partners if they have unprotected sex. That notwithstanding, other STIs such as gonorrhea can still be transmitted.
5. Current HIV treatments have greatly improved. 1 pill taken each day at the same time can lead to undetectable viral loads within 3 to 6 months and keep it at that. Once monthly injections have been developed which are currently undergoing trials but have been largely successful.
6. Serodiscordant couples refer to a couple with one being HIV positive and the other HIV negative. As you can guess, Serodiscordant couples can still have babies who are negative whilst the negative partner remains negative, if undetectable for at least a year.
7. New HIV infections though prevalent, are decreasing globally. PREP (pre-exposure prophylaxis) can be taken by individuals who have risky sex, but want to stay off HIV. It consists of a pill taken everyday, much like multivitamins.
8. Despite interventions, no cure for HIV exists at yet. Only two persons have ever been cured, and that was through a Stem Cell transplant which is a highly risky medical procedure.
9. Several people live normally with HIV, and being on the right treatment means that they can live for as long as you and I. In the US, an HIV + person is more likely to be killed by a road traffic accident or gun shot wound than HIV itself.
10. Ending HIV starts from YOU and I. Know about it, don't stigmatize and help to share information, stop AIDS and spread love.