

# CDC Vitalsigns™

## Ending the HIV Epidemic HIV Treatment Is Prevention



Want to learn more?  
[www.cdc.gov/vitalsigns/end-HIV](http://www.cdc.gov/vitalsigns/end-HIV)

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Half of people with HIV know it, are in care, and are virally suppressed or undetectable.

8 in 10

8 in 10 new HIV infections come from people not in HIV care.

90%

New US goal: cut new HIV infections by at least 90% in 10 years. The time is now.

### Overview:

We can end the HIV epidemic in the US. Immediate, effective treatment is key. Taking HIV medicine as prescribed can make the amount of virus in the body very low (called viral suppression\* or undetectable). People with HIV who stay undetectable can stay healthy and have effectively no risk of sexually transmitting HIV.

### To reduce new infections:

- Early HIV diagnosis is crucial. Everyone aged 13-64 should be tested at least once. People at high risk should be tested at least annually. Sexually active gay and bisexual men may benefit from more frequent testing (e.g., every 3-6 months). [bit.ly/2eJ8YNz](http://bit.ly/2eJ8YNz)
- People with HIV should take HIV treatment as soon as possible. People who stay in lifetime treatment can live longer, prevent complications from HIV, and prevent transmission through sex.
- Prevention tools like condoms and pre-exposure prophylaxis (PrEP) can protect people who are at risk for HIV.

\* Less than 200 copies of HIV per milliliter of blood



### PROBLEM:

## Many people with HIV aren't getting the treatment they need.

### About half of people with HIV are virally suppressed or undetectable.

- There are nearly 40,000 new HIV infections a year.
- New HIV infections come from people who aren't virally suppressed or undetectable.
- Nearly 40% of people with HIV don't know they have it or know but aren't in care.



**Centers for Disease Control and Prevention**  
National Center for HIV/AIDS,  
Viral Hepatitis, STD, and  
TB Prevention

# HIV Treatment Can Prevent Transmission

HIV TRANSMISSIONS IN 2016		
% OF PEOPLE WITH HIV	STATUS OF CARE	ACCOUNTED FOR X% OF NEW TRANSMISSIONS*
15%	didn't know they had HIV	38%
23%	knew they had HIV but weren't in care	43%
11%	in care but not virally suppressed	20%
51%	taking HIV medicine and virally suppressed	0%

\*Values do not equal 100% because of rounding

SOURCE: Vital Signs, 2019

### ENDING THE HIV EPIDEMIC: A PLAN FOR AMERICA

			
<b>Diagnose</b> HIV as early as possible	<b>Treat</b> HIV quickly and effectively	<b>Protect</b> people at risk	<b>Respond</b> quickly to clusters of new cases

[bit.ly/2DW9Deb](http://bit.ly/2DW9Deb)

## Healthcare providers can make it easier for patients to stay in care and take HIV medicine.



- Ask patients about their challenges taking medicine; talk about the importance of taking it as prescribed.
- Address mental health issues and drug/alcohol misuse, which may make it harder for patients to stay in care.
- Provide a supportive environment for HIV care that includes help with transportation, housing, health insurance, and other needs.
- Learn more: [bit.ly/2Lugg4w](http://bit.ly/2Lugg4w)

## THE WAY FORWARD >>>

### HEALTHCARE PROVIDERS CAN:

- Test patients for HIV. Quickly link people with HIV to care and help them stay in care.
- Discuss prevention with patients who may benefit from condoms and PrEP.

### PEOPLE WITH HIV CAN:

- Start HIV care now, stay in care, and take medicine as prescribed.
- Tell their provider if they have problems taking the medicine.
- Learn more about HIV care and how to live well with HIV: [bit.ly/2ncxBcK](http://bit.ly/2ncxBcK)

### HEALTH DEPARTMENTS CAN:

- Test people for HIV, and quickly link people with HIV to care.
- Find people who fall out of HIV care, and help them get back in care.

### EVERYONE CAN:

- Learn how to prevent HIV, and know their HIV status. [gettested.cdc.gov](http://gettested.cdc.gov)
- Support family and friends who have HIV.

### Ending the HIV Epidemic: The pathway is clear.

Join us: [bit.ly/2DW9Deb](http://bit.ly/2DW9Deb)

#### For more information

1-800-CDC-INFO (232-4636)

TTY: 1-888-232-6348 | Web: [www.cdc.gov](http://www.cdc.gov)

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Publication date: March 18, 2019

CS296484-A