

# TALK UNDETECTABLE

Undetectable means reaching a point where the amount of HIV in your blood is so low it can't be measured. It is important for your health and it makes it very unlikely to pass HIV to a partner.

**Start Talking.**  
**Stop HIV.**

[cdc.gov/StartTalking](http://cdc.gov/StartTalking)  
[/ActAgainstAIDS](#)  
[/StartTalkingHIV](#)  
[@TalkHIV](#)

Starting and staying on treatment will help you to be undetectable. Start talking about the options that work for you.

