

What's U = U?

U=U is shorthand for **Undetectable = Untransmittable**.

When people living with HIV are on effective treatment, it will suppress the virus in the blood to a level that is too low to be measured by lab tests. This is called having an **undetectable** viral load.

When people living with HIV are on treatment and have an undetectable viral load, they protect their own health and they can't transmit HIV to their sexual partners. Their HIV is **untransmittable**.

About Us

Be You Colorado is an HIV prevention and sexual health education program. We educate and connect youth/young adults (ages 13-24) and adults to HIV/STI testing and treatment, PrEP/PEP, or other sexual health needs. We work in the Denver Metro Area and many rural counties across Colorado. Our services are inclusive, sex-positive, and center on harm reduction.

We Can Offer



HIV Testing & Referral



PrEP & PEP



HIV prevention materials

Our team is here to help you get the sexual health support you deserve.

Call/Text: 720-708-7101
www.beyoucolorado.org

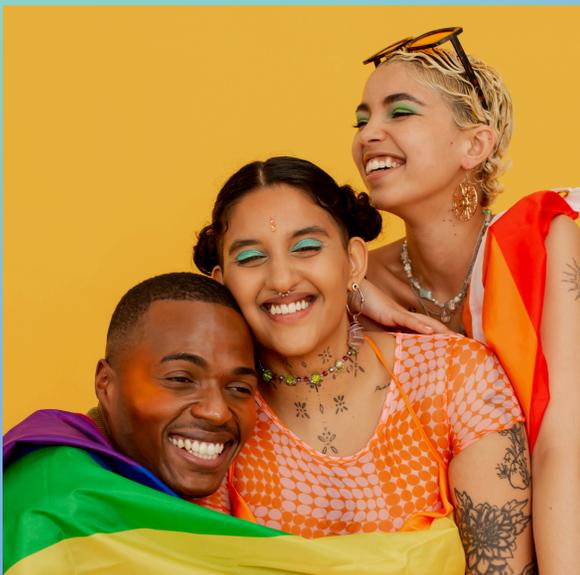
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COLORADO



HIV

Protecting yourself and your partners

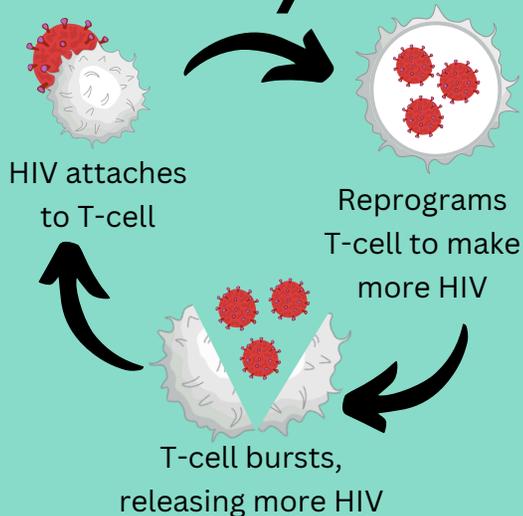
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What is HIV?

HIV, or **Human Immunodeficiency Virus**, is a virus that attacks a person's immune system by targeting specific white blood cells known as **T-cells**. The virus uses T-cells to make more copies of itself, compromising the immune system over time. Untreated, HIV continues to weaken the immune system until it is no longer able to fight off other infections. When HIV weakens the immune system to this point, it results in a diagnosis called AIDS, or Acquired Immunodeficiency Syndrome.

HIV and the Immune System



Good sexual health is key to good health.

How is HIV Spread?

HIV is present in 5 bodily fluids:



To contract HIV, **one of these fluids has to get into your body**. Some common ways HIV enters the body:

- 1 Receptive anal sex without a condom
- 2 Receptive vaginal or front hole sex without a condom
- 3 Sharing injection equipment (like syringes)

How do I prevent HIV?

There are many different ways to prevent HIV:



Using latex and non-latex condoms during sex.



Using sterile injection equipment and not sharing syringes or works.



Testing for STIs before sex with a new partner and between partners.



Taking medication to protect your body from HIV, like PrEP and PEP.



If living with HIV, taking medication to prevent transmission of HIV.

Talk to your doctor about testing and treatment!

Got a question? contact us!