

# Viral Load Test Result Meaning:

## Above 1,000 copies per ml, virally unsuppressed

- HIV in the body is high.
- You can transmit HIV through sex and also during pregnancy and breastfeeding.
- HIV is damaging your body and you will become sick if you do not control it with ARVs.



## Below 1,000 copies per ml, virally suppressed

- You are doing well with taking ARVs
- Your body is healthier
- You can no longer transmit HIV through sex
- Good job!



## Undetectable

- Congratulations! You are fully controlling HIV with treatment
- HIV cannot make you sick and you cannot pass it on through sex
- You are in the best position to have a baby and breastfeed
- Just remember: you must continue to take your pills every day to maintain this "new status"

