



Scripts around Meaning of Different HIV-1 Viral Load (VL) Measurements during Analytic Treatment Interruption (ATI)

	HIV-1 Viral Load: "Undetectable" / < assay lower limit of detection	HIV-1 Viral Load: < 199 copies/mL	HIV-1 Viral Load: 200-1000 copies/mL
<p>Before ATI trial begins: <i>While adherent to daily ART</i></p>	<p>Undetectable = Untransmittable^{1,2} (U = U): "A person living with HIV who is on treatment and has an undetectable viral load cannot sexually transmit HIV."^{3,4,5,6} Viral suppression was defined as viral load < 200 copies/mL by the clinical studies that underlie the U = U concept^{1,3,4,5} and also by current guidelines for use of antiretroviral treatment (ART) in adults and adolescents living with HIV.⁶</p>		<p>"There is almost zero risk of sexual transmission of HIV with viral loads of less than 1000 copies per mL."¹⁶</p>
	<p>For Persons Who Use Intravenous (IV) Drugs (PWID): Treatment for substance use improves ART adherence, viral suppression, and may reduce HIV transmission risk.^{6,7}</p> <ul style="list-style-type: none"> • U=U was not assessed among persons actively using IV drugs. The HIV transmission risk is unknown.⁶ • Employ harm reduction counseling & Practices^{6,7,8,9,10} • There is a 4-7x increase in HIV incidence among users of methamphetamines (incident or persistent use by any method).¹¹ • Partner protections needed.^{11,12,13} 	<p>Risk of virologic failure. See healthcare provider for discussion, adherence counseling and/or potential change of ART regimen.^{6,7,17,18,19,20}</p>	<p>Detectable → HIV transmission risk!</p> <ul style="list-style-type: none"> • "Sharing syringes is the second-riskiest behavior for getting HIV. Receptive anal sex is the riskiest."¹² • "An HIV-negative person has a 1 in 160 chance of getting HIV every time they use a needle that has been used by someone with HIV."¹² • Employ harm reduction counseling & practices^{6,7,8,9,10} • Partner protections needed^{11,12,13}
<p>During ATI: <i>Starting immediately after last dose of ART</i></p>	<p>Since no longer on daily ART, cannot rely on "U = U":</p> <ul style="list-style-type: none"> • Must assume no longer undetectable immediately after pausing ART • Transmission risk uncertain, increases with duration of treatment interruption^{3,6,14} • HIV viral load in blood may not reflect presence/absence of HIV in tissues or other bodily fluids (semen, vaginal secretions) while off ART. • HIV viral load may rebound at any time. An undetectable viral load several days ago cannot be assumed to apply today. • Partner protections needed⁶ 	<p>Detectable → HIV transmission risk!</p> <ul style="list-style-type: none"> • Transmission risk increases with duration of treatment interruption and number of exposures/sexual activities.^{3,6,14} • Partner protections needed⁶ 	



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After ART Restart	Since ART was interrupted, Partner Protections are needed until your viral load is undetectable for six months and you remain adherent to ART. ^{3,6,15} <ul style="list-style-type: none">• Partner protections needed⁶	Detectable → HIV transmission risk! <ul style="list-style-type: none">• Transmission risk increases with treatment interruption^{3,6,14}• Partner protections needed⁶
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End Notes & References:

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Additional Helpful References:

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