

Report discrimination!

Structural discrimination is something that is frequently seen in the healthcare sector, insurance companies or the workplace. Discrimination has a negative impact on the quality of life of people with HIV. We can all do something about this – regardless of whether or not we are living with HIV.

The Swiss AIDS Federation is the federal reporting office for discrimination regarding HIV. Your report will help to improve the circumstances of people with HIV in all areas of life. Any unfair situations that you have experienced or witnessed can be reported to us – and you can do so anonymously if you prefer. If you're unsure whether something counts as discrimination, we can advise you.

For example:

- Your physiotherapist, dentist or piercer asks about your HIV status. You do not need to disclose your status during routine procedures or cosmetic treatments.
- Your ex tells people that you are living with HIV out of revenge. Your HIV status is a private matter. Anyone who outs a person with HIV without their consent can be legally prosecuted.
- In a hospital setting, excessive safety precautions are taken due to your HIV infection – you are put into isolation, for example, or hospital staff wear gloves only when attending to you.

Report any unfair treatment to us:
aids.ch/report

Living together – with and without HIV

Gay, bi and queer men represent the group most heavily affected by HIV in Switzerland. As a community, we can make sure that people with HIV have a high quality of life.

- **Health:** Modern medication makes it possible to live a largely healthy life with HIV. With successful treatment, people with HIV have practically the same life expectancy as people without HIV.
- **Society:** People with HIV are often discriminated against due to ignorance. Make sure you're well-informed, talk to your community about protection through treatment and stand in solidarity if you see any marginalisation or discrimination.
- **Sexuality:** Every individual is responsible for themselves when it comes to protection against HIV. U=U can be a protection strategy in a relationship. It's based on mutual trust.
- **Respect:** Every person with HIV decides for themselves just how open they want to be about their HIV status. If someone outs themselves to you, that's a wonderful proof of trust. Don't talk to other people about it without the consent of the affected person.



Sexual health centres can offer advice on living with HIV. More at drgay.ch/contacts



The legal advice service by the Swiss AIDS Federation provides information and advice on all legal issues relating to HIV: Free and confidential. Find out more at aids.ch/legal

U=U

Undetectable =

Untransmittable

Undetectable equals untransmittable.
People with HIV who are undergoing effective treatment have an undetectable viral load. As a result, the virus is not transmitted. Not even during sex. For further information about protection through treatment, please visit drgay.ch/uu

PROTECTION THROUGH TREATMENT



How does the protection work?

The HIV treatment prevents the replication of the virus. With a good efficacy, there will no longer be any HIV detectable in the blood after a certain period of time. **The viral load is below the detection limit.** This doesn't mean that there's no longer any virus in the body. But the viral load is so low that it's not possible to transmit HIV.

Only very few HI viruses, if any, are detectable in the sperm, the vaginal fluid or the mucous membranes. **It is not possible to transmit HIV. Even through sex without a condom or PrEP.**

Conditions

1. The HIV treatment is carried out correctly. Treatment can be taken in the form of tablets or depot injections. You can work out the right treatment option for you by talking to medical professionals.
2. Health checks are carried out on a regular basis. The viral load is checked and medical professionals make sure that the HIV medication is working.



How reliable is the protection?

Effective HIV treatment provides just as reliable protection against HIV as condoms or PrEP.

If the treatment is paused, the viral load can increase again, and with it the possibility of transmitting HIV. Forgetting to take the medication once does not lead to an increase in the viral load.

In very rare cases, the efficacy of treatment may decrease after a certain period of time. However, the regular medical checks mean that any of these slow changes will be detected early enough that the protection provided by the treatment will not yet have decreased.



What does this mean for me?

I am living with HIV.

If your viral load is undetectable, you cannot transmit HIV. You do not need to disclose your HIV status and you can have safer sex even without condoms or PrEP.

I am not living with HIV.

If the viral load of your sexual partners is below the detection limit, HIV cannot be transmitted during sex. However, protecting yourself against HIV is always your own responsibility. Therefore, outside of trusting relationships, we always recommend: Sex with a condom or PrEP.

I'm not sure of my HIV status.

Get tested for HIV. If the HIV test comes back as positive, you can quickly start HIV treatment in order to protect your health, and it will then no longer be possible to transmit HIV.