



Model portrayals

Whether starting or getting back on track,
**Everyone's treatment
journey is different**



STOP THE VIRUS.
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[HelpStopTheVirus.com](http://HelpStopTheVirus.com)



# Getting off to a good start.

Receiving an HIV diagnosis can be challenging. It's important to process your emotions and learn about HIV and the treatment options available—and then prioritize treatment. As the understanding of HIV has evolved, healthcare providers have learned that it is better to start treatment as soon as possible. And some of today's treatments may be able to be started right away. Research now shows that **starting HIV treatment as soon as possible**, and sticking with it, can offer important health benefits.



A major goal of HIV treatment is getting your viral load to undetectable. **Undetectable means that there is so little virus in the blood that a lab test can't measure it.** If you have questions about your lab results and what it means to be undetectable, talk with your healthcare provider.

## Starting treatment right away, and staying on it, may help you:

- Get to undetectable quickly
- Reduce the damage HIV does inside your body
- Improve long-term HIV health outcomes

**Current research shows that taking HIV treatment as prescribed and getting to and staying undetectable prevents transmitting HIV to others through sex. This is known as *U=U (undetectable=untransmittable) or TasP (treatment as prevention).***

Talk with a healthcare provider and visit [HelpStopTheVirus.com](https://www.HelpStopTheVirus.com) for more information and resources to help you get started on treatment.

Learn more about the importance of treatment

# What should I do if I've been on treatment before?



**1 in 4\*** people living with HIV have reported pausing or stopping HIV treatment at some point.

\*Data collected from 2020 to 2023 involved 30,751 respondents across 25 countries.

If you have stopped your HIV treatment, you are not alone. Getting back on track is possible, and the best time to start is as soon as you can. Whether you still have a few questions or are ready to get back on treatment, talk with someone on your healthcare team. Together, you can develop a plan that can help **you stay on treatment and engaged in care**, even if it's been a few months or longer since you last took medication to manage your HIV.


## Information that will help your healthcare provider:

- Treatment-related or any other reasons why you may have stopped, such as:
  - Side effects
  - Pill size
  - Difficulties with mental health
  - Substance use
  - Number of pills
  - Trouble with routine
  - Access to housing
- Name of the medicine you were taking before you stopped

**The sooner you are back on treatment, the sooner you can reduce the amount of virus in your body, thereby helping restore your immune system.**







# Key things to keep in mind.

1

Healthcare providers recommend that people living with HIV start taking medication as soon as possible. Some treatments can even be started the same day that you are diagnosed.

2

Talk with your healthcare provider to find out about medicines that may fit into your routine and help you get off to a good start in your treatment journey.

3

Ask your healthcare provider about resources that may be available to help support you along the way.

> > > **Learn more at [HelpStopTheVirus.com](https://www.HelpStopTheVirus.com)** > > >



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