



August 30, 2019

Dear Health Department and CBO Grantees,

I am writing to encourage you to continue your work to spread the word about the power of viral suppression to improve the health of people with HIV and to prevent the sexual transmission of HIV. This information is important and has the power to change lives.

In July, we updated our webpage titled "[Effectiveness of Prevention Strategies to Reduce the Risk of Acquiring or Transmitting HIV](#)" that features tables summarizing the latest evidence of effectiveness for the key HIV prevention strategies ART, PrEP, and condoms. For ART, the science is strong and clear; the data show that the effectiveness for ART with viral suppression is estimated to be 100% for preventing sexual transmission of HIV. In other words, for persons taking ART as prescribed and achieving and maintaining viral suppression, there is *effectively no risk* of transmitting HIV through sex.

CDC has taken a number of steps to share this information. We have sent various communications to our partners, developed [technical](#) and [consumer](#) fact sheets, and received funding from HHS to further accelerate the dissemination of this information through the development of new campaign resources for health care providers and consumers through our [Let's Stop HIV Together](#) (formerly *Act Against AIDS*) campaigns. We are pleased that these resources are available on our [Treatment as Prevention website, and we will continue to post more as they become available.](#)

[We urge you to share this groundbreaking science with your communities.](#) Research shows that no single message is acceptable or understandable to all audiences, so it is important to have flexibility and options when communicating about this life-saving science. You can use CDC-developed materials, as well as materials developed by community groups such as Prevention Action Campaign, the organization responsible for the U=U campaign (undetectable=untransmittable).

The bottom line – there are a lot of resources available through CDC and elsewhere. We encourage you to do all you can to share this important information in your communities. If you have specific questions related to this issue or how to best integrate CDC materials into your program, please contact your CDC project officer who can help you or link you to Division resources who are happy to assist.

Thank you,

Eugene McCray, M.D.

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