

HIV Care Saves Lives: Viral Suppression is Key PSA (:60)

Viral suppression is critical for people living with HIV. It means having very low levels of HIV in the body, even though the virus is still there.

Achieving viral suppression by taking HIV medicines allows people living with HIV to have nearly normal lifespans and greatly reduces their chances of transmitting the virus. Health care providers play critical roles in helping people learn their HIV status and helping people living with HIV get on and stay on medicines.

The first step is testing. *Everyone* needs to be tested to find out if they have HIV. People at high risk for HIV should get tested once a year or even more often.

Anyone diagnosed with HIV should get medical care immediately, start taking HIV medicines every day, and stay in care.

Achieving viral suppression will help people living with HIV stay healthy, live longer, and reduce the risk of transmitting the virus to others.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).