



HIV Treatment Interruption Participation Disclosure Sheet

Adapted from: Peluso, et al (2020)

This document can help you talk with your partner(s) about the HIV analytical treatment interruption trial (ATI) in which you are participating. You should take your time to decide if and who you want to tell. Telling others about your participation is a personal choice. You will need to find the right time and place to tell your partner(s). Below are a few points you can discuss with your partner(s).

“Undetectable means Untransmittable” (U = U)

- I am a person living with HIV. I have been taking HIV medications. My virus has been undetectable for some time.
- People who have taken their HIV treatment and maintained an undetectable viral load for at least six months have no risk of sexually transmitting the virus to a partner without HIV according to the Centers for Diseases Control and Prevention (CDC).

Participation in an HIV Analytical Treatment Interruption Trial

- I am participating in a clinical trial at < research site name >.
- Part of the study requires that I pause my HIV treatment.
- Stopping my HIV treatment means that my virus could come back (rebound) at any time.
- After pausing my HIV treatment, I will be tested frequently to see when my HIV comes back.
- I may be off my HIV treatment for as long as xx weeks/months. During this time, I may no longer be “undetectable.”
- I will restart my HIV treatment if my virus remains detectable at high levels for xx weeks/months, if my CD4 count becomes too low, or if I develop symptoms or health problems.

PrEP, HIV Testing and Counseling Information to Relay to Your Partners

- While I’m off my HIV medications, there is a risk of transmitting HIV to my sex partner(s) and people who I share needles or works with.
- The study staff has discussed with me how to protect my partners against HIV transmission. They are willing to speak with you also about risk reduction if you would like. Or we could speak with them together.
- If you are HIV-negative, you should consider using PrEP to prevent HIV. The study team can connect you with a PrEP provider in our area. [PleasePrEPme.org](https://www.pleaseprepmehelp.org) can also help you find a PrEP provider.
- Using a condom may decrease the risk of transmitting HIV and other STIs during the treatment interruption period.
- We have the choice to practice “safer sex” during my treatment interruption. The study team can discuss those safer sex practices with us or put us in contact with a local HIV prevention counselor for us to discuss.
- We do have the choice of not having sex during the HIV treatment interruption period, until I restart HIV treatment.
- If you think you have been exposed to HIV, you should contact the research staff immediately at <contact name and telephone number >. The research team has a post-exposure prophylaxis (PEP) team on standby to help prevent HIV transmission and can connect you for immediate attention. You should do this within 72 hours of being exposed to HIV.
- If you can’t reach the study staff or don’t want to call them, you should go to an Emergency Department within the 72 hour period. They have plans in place to act promptly.
- It is also a good idea to let your primary care provider know.

You should give your partner(s) time to process the information to ask questions.

If your partner(s) have any questions about the study, we are happy to discuss these issues with them. S/he/they should feel free to contact: [Name], telephone #, and email.