

NEW JERSEY AIDS/HIV/STD HOTLINE

PRESS RELEASE
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Couples, Do You Know Your HIV Status?

(Newark, NJ) – Are you in a relationship (short or long-term)? Are you monogamous (having only one partner at a time)? Have you talked about HIV with your partner? Do you both know your HIV status? Are either of you afraid to ask? Why not test together when you can get your results in less than an hour?

HIV testing has never been quicker and easier than it is today with rapid HIV testing, yet fear and misperceptions still stop people from finding out their status. The reality is frightening... anyone is at risk of infection regardless of sexual orientation, race, ethnicity, gender or age. Testing is the only way to know who is infected so treatment can begin immediately. Ignoring one's infection will not make it go away. HIV treatment works, but it is a lifelong process. In order to stay healthy, one must get regular HIV medical care.

Many new infections are transmitted by people who do not know they are even infected. Undiagnosed infections continue to fuel the epidemic in New Jersey. "More than 37,000 residents are living with HIV or AIDS. Currently, the state ranks fourth in the nation for overall cumulative HIV cases among adults/adolescents and has the fifth highest rate of HIV among children. New Jersey has one of the highest estimated proportion of women living with AIDS in the United States. Sexual contact remains the major mode of exposure to the HIV infection."¹

What You Can Do to Protect Yourself and your partner²

- Use condoms the right way every time you have sex. [Learn](#) the right way to use a condom.
- [Choose less risky sexual behaviors](#), like oral sex.
- Limit your number of sexual partners.
- Never share needles or drug works.
- Those at high risk for HIV should consider taking [pre-exposure prophylaxis \(PrEP\)](#) to prevent getting HIV.
- If you think you may have been exposed to HIV within the last 3 days consider taking [post-exposure prophylaxis \(PEP\)](#).

CDC (Centers for Disease Control and Prevention) recommends HIV testing for all. It should now be part of one's routine medical care. Those between the ages of 13-64 should get tested for HIV at least once in their lifetime. However, CDC recommends that high risk groups be tested more often due to certain risk factors. "Although only 2% of the US population, gay and bisexual men account for more than half of the 1.2 million people living with HIV in the United States and two-thirds of all new diagnoses each year. If trends continue, 1 in 6 gay and bisexual men will be diagnosed with HIV in their lifetime, including 1 in 2 black gay and bisexual men, 1 in 4 Latino gay and bisexual men, and 1 in 11 white gay and bisexual men."³

If you are in a relationship and don't know your or your partner's HIV status, make an appointment for a rapid HIV test today. Don't wait and don't depend on luck - know your HIV status now. Testing is the only way to know for sure.

¹ New Jersey Department of Health. [Healthy New Jersey 2020 HIV/AIDS](#).

^{2 3} CDC. [National Gay Men's HIV/Awareness Day](#).

The NJ AIDS/HIV/STD hotline is a go-to resource for information. If you are looking to find a free, state-funded testing site near you for initial testing, follow-up care, or have questions about HIV/AIDS, STDs, or hepatitis, contact us either by calling 800-624-2377, text/email at 8006242377@njpies.org, or chat via our site at www.njhivstdline.org; the hearing impaired may also use their TTY and call 973-926-8008. We are always here to help 24 hours a day/ 7 days a week! Calls are free and confidential.

Services available 24 hours a day, 7 days a week, every day of the year

- Referrals for free, testing sites and other related services
- HIV/AIDS, STD and Hepatitis Prevention Information
- HIV Counseling and Treatment Locations
- HIV Treatment Information
- Referrals for free, clean needles/syringes

About NJPIES

As New Jersey's only poison control center, the New Jersey Poison Information & Education System provides information on poison prevention and treatments. Chartered in 1983, NJPIES provides free consultation through telephone hot line services and the Web. Medical professionals such as physicians, registered nurses and pharmacists offer confidential advice regarding poison emergencies and provide information on poison prevention, drugs, food poisoning, animal bites and more. These specialists are available 24 hours a day, seven days a week.

NJPIES coordinates state poison education and research and is designated as the regional poison center by the New Jersey Department of Health and Senior Services and the American Association of Poison Control Centers. It tracks incidences of adverse reactions to food, drugs and vaccines in order to monitor potential public health issues and provide data to the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention. A division of the Department of Emergency Medicine of the New Jersey Medical School of Rutgers, The State University of New Jersey. NJPIES has a state-of-the-art center located on the school's Newark campus. NJPIES is funded, in part, by the NJ Department of Health and the United States Department of Health and Human Services.

New Jersey residents seeking immediate information about treating poison emergencies, and those with any drug information questions, should call the toll-free hot line, **800-222-1222**, any time. The hearing impaired may call **973-926-8008**. For more information, visit www.njpies.org or call **973-972-9280**.

About Rutgers

Established in 1766, Rutgers, The State University of New Jersey, is America's eighth oldest institution of higher learning and one of the nation's premier public research universities. Serving more than 65,000 students on campuses, centers, institutes and other locations throughout the state, Rutgers is the only public university in New Jersey that is a member of the prestigious Association of American Universities.

Rutgers Biomedical and Health Sciences (RBHS) is the health care education, research, and clinical division of Rutgers University, comprising nine schools and their attendant faculty practices, centers, institutes and clinics; New Jersey's leading comprehensive cancer care center; and New Jersey's largest behavioral health care network.