

## NEW JERSEY AIDS/HIV/STD HOTLINE

**PRESS RELEASE**  
November 2020

### **Ending the HIV/AIDS Epidemic: Resilience and Impact World AIDS Day 2020**

**(New Jersey, NJ)** – December 1<sup>st</sup> of every year marks World AIDS Day. This international day of unity is observed as a day of remembrance and encouragement as we work towards our goal of ending the HIV and AIDS epidemic. It's important to recognize how far we've come in HIV prevention, care, and treatment. These achievements have improved health outcomes for all — longer, healthier lives for those living with HIV and better HIV prevention options for those who do not have HIV.

We can stop new HIV infections in America and have an HIV-free generation in the near future. We have the right data, tools, and support to end the epidemic, but it cannot be done without the help of every person and every community. Knowing your HIV status gives you powerful information to help you take steps to keep you and your partner healthy. If you are sexually active, you are at risk for getting HIV. Having sex without a condom puts you at risk for HIV, but also other sexually transmitted infections (STIs).

It is not only important to know your HIV status, but also the HIV status of your sexual partner(s). Not knowing puts your health and the health of others at risk. Testing is the only way to know for sure whether you have HIV. In many cases, a person living with HIV may never have symptoms or their symptoms may not appear for years. HIV can be passed to others without the person knowing it.

If diagnosed with HIV, speak to a healthcare professional and start treatment right away. A timely and effective treatment plan is the best way to achieve an undetectable viral load. Maintaining low or undetectable levels of the virus in the blood stops HIV infection from getting worse (progressing to AIDS). It also prevents the spread of HIV to sexual partner(s). HIV is a manageable, chronic condition as long as the person continues treatment throughout their life.

Everyone between the ages of 13 and 65 should get tested for HIV at least once as part of routine healthcare. Not only is HIV testing key to living healthy with HIV, it's an important link to prevention services for those who do not have HIV. There are proven prevention options available to reduce HIV infection. Those at high risk for HIV infection should get tested often and talk to their healthcare provider about starting [PrEP](#) (pre-exposure prophylaxis), also known as Truvada.

If you think you were recently exposed (in the last 72 hours) to HIV, immediately contact your healthcare provider, an emergency room doctor, or an urgent care provider about taking [PEP](#) to prevent HIV infection.

## **Get Tested, Get Treatment, Stay Undetectable, Stop HIV.**

New Jersey offers free HIV and other STI services to all state residents via the hotline. Knowing who to call for resources and information is the first step in ending the HIV epidemic in New Jersey. The hotline is staffed by health professionals (doctors, nurses, and pharmacists) available 24 hours a day, 7 days a week to provide free, confidential help: Call: 1-800-624-2377; Text: 973-339-0712, or [chat here](#)

- Referrals for testing sites and other related services
- HIV, STI and hepatitis prevention and treatment information
- Side effects from medicines used to treat HIV and other sexually transmitted infections
- Referrals to PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis) services
- Counseling and treatment locations
- Partner notification
- ADDP (AIDS Drug Distribution Program)

Connect with the NJ AIDS/HIV/STD Hotline on [Twitter](#) and [Facebook](#)

Observance Day hashtags: #WAD2020 and #WorldAIDSDay

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### **New Jersey AIDS/HIV/STD Hotline**

Healthcare professionals (doctors, nurses and pharmacists) provide telephone consultation for people seeking information about HIV/AIDS, pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (PEP), and other sexually transmitted infections (STI) including hepatitis. Callers receive information tailored to their needs; discussion about prevention, referrals for testing sites and other related services, counseling and testing locations, and information on treatment and adverse reactions to medications. The hotline is administered by the New Jersey Poison Control Center and funded by the New Jersey Department of Health, Division of HIV, STD, and TB services.

### **Rutgers New Jersey Medical School**

Founded in 1954, Rutgers New Jersey Medical School is the oldest school of medicine in the state. Today it is part of Rutgers, The State University of New Jersey and graduates approximately 170 physicians a year. In addition to providing the MD degree, the school offers MD/PhD, MD/MPH and MD/MBA degrees through collaborations with other institutions of higher education. Dedicated to excellence in education, research, clinical care and community outreach, the medical school comprises 20 academic departments and works with several healthcare partners, including its principal teaching hospital, University Hospital. Its faculty consists of numerous world-renowned scientists and many of the region's "top doctors." Home to the nation's oldest student-run clinic, New Jersey Medical School hosts more than 50 centers and institutes, including the Public Health Research Institute Center, the Global Tuberculosis Institute and the Neurological Institute of New Jersey. For more information please visit: [njms.rutgers.edu](http://njms.rutgers.edu).

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