

## New Jersey AIDS/HIV/STD Hotline

### **PRESS RELEASE**

November 2025

### **Together for Change: Prevention, Treatment, and Equity on World AIDS Day**

**NEWARK, NJ** – Each year on December 1, the global community unites to support people affected by HIV, honor the lives lost to HIV-related illnesses, and reaffirm the commitment to ending the HIV epidemic. World AIDS Day 2025 is a call to action to overcome disruption and accelerate progress toward ending HIV.

With the right care and medicine, HIV can be controlled —thanks to years of medical advances. With [antiretroviral therapy \(ART\)](#), people living with HIV can live long, healthy lives. Maintaining an [undetectable viral load](#) not only preserves health but also prevents transmission to sexual partners—a concept known as U=U (Undetectable = Untransmittable). Everyone diagnosed with HIV should start treatment immediately, regardless of how long they've been living with HIV.

Despite major progress, stigma and inequities remain major barriers. Negative attitudes and discrimination continue to prevent people from getting tested, seeking medical care, and accessing prevention tools. Removing stigma is essential to achieving health equity and ending HIV.

To prevent HIV, several effective options are available:

- [PrEP \(Pre-Exposure Prophylaxis\)](#): A highly effective medication taken before exposure to prevent HIV.
- [PEP \(Post-Exposure Prophylaxis\)](#): An emergency medication taken within 72 hours after possible HIV exposure.
- Condoms and STI screening: Continue to be essential components of HIV prevention.

Modern HIV treatment regimens are simple, safe, and highly effective, helping most people achieve viral suppression quickly. New long-acting injectable options reduce the need for daily pills, making medical care easier and improving adherence.

#### **Take Action:**

- Get tested and know your status.
- Talk to your healthcare provider about PrEP, PEP, and HIV treatment options.
- Support community-led organizations and help end stigma.

For questions and information about HIV prevention, care and treatment, contact the [New Jersey AIDS/HIV/STD Hotline](#). Healthcare providers are available 24 hours a day, every day of the year, to provide free and private help, including connecting callers to free sexual health services in New Jersey: 1-800-624-2377 or [Chat Here](#).

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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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