

## New Jersey AIDS/HIV/STD Hotline

### **PRESS RELEASE**

March 2026

## **Raising Awareness for Youth HIV and STI Prevention**

In recognition of **National Youth HIV & AIDS Awareness Day**, the NJ AIDS/HIV/STD Hotline is raising awareness about the continued impact of HIV and sexually transmitted infections (STIs) among young people, while also reinforcing the critical role of nurses, educators, and community professionals in delivering accurate, timely health education.

Youth and young adults remain disproportionately affected by HIV and other STIs, including chlamydia, gonorrhea, and syphilis. Many of these infections do not have noticeable symptoms, which can delay diagnosis and increase the risk of transmission. Without early detection and treatment, STI/STDs can lead to serious health complications. However, with access to accurate information, routine screening, and appropriate care, most STIs are treatable—and many are preventable.

The NJ AIDS/HIV/STD Hotline provides free, confidential support to individuals seeking information about HIV, STIs, testing, treatment, and prevention strategies. This includes guidance on preventive tools such as PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis), as well as referrals to local testing and care services throughout New Jersey. Specialists are available to answer questions, help individuals understand their risk, and support informed decision-making in a respectful and nonjudgmental environment.

In addition to serving the general public, the hotline is a valuable resource for **school nurses, educators, and community-based professionals** who are working directly with young people. These individuals are often on the front lines of prevention—answering questions, addressing misconceptions, and helping young people navigate sensitive health topics. The hotline can support these efforts by providing reliable, up-to-date information and guidance that professionals can confidently share within their schools and communities.

As young people increasingly turn to social media and online sources for health information, they may encounter content that is incomplete, misleading, or inaccurate. Access to a trusted, evidence-based resource is essential. The NJ AIDS/HIV/STD Hotline offers a direct connection to trained professionals who can provide clear, personalized answers and help individuals take appropriate next steps.

### **Key Messages for Youth and Those Who Support Them:**

- HIV is preventable, and tools like PrEP can significantly reduce the risk of transmission.

- Routine testing is a key part of maintaining sexual health, especially since many STIs have no symptoms.
- Common STIs—including chlamydia, gonorrhea, and syphilis—are treatable, particularly when detected early.
- Education and open, stigma-free conversations can support healthier decision-making among youth.
- Free, confidential, and nonjudgmental support is available for both individuals and professionals.

The NJ AIDS/HIV/STD Hotline encourages young people, parents, nurses, educators, and community organizations to use and share this resource. Ensuring access to accurate information and timely support can help reduce stigma, promote prevention, and improve health outcomes across communities.

### **Contact the NJ AIDS/HIV/STD Hotline**

📞 Call: 1-800-624-2377

🌐 Visit: <https://www.njhivstdline.org>

Free. Confidential. Always available.

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### **About the NJ AIDS/HIV/STD Hotline**

The NJ AIDS/HIV/STD Hotline is a statewide public health resource providing free, confidential information and referrals related to HIV and sexually transmitted infections. The hotline supports individuals, educators, and healthcare professionals by connecting them to expert guidance, testing resources, and prevention services across New Jersey.

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

Established in 1954, Rutgers New Jersey Medical School (NJMS), part of Rutgers, The State University of New Jersey, annually graduates around 170 skilled physicians and offers MD/PhD, MD/MPH, and MD/MBA programs. Committed to excellence in education, research, clinical care, and community engagement, NJMS comprises 20 dynamic academic departments and collaborates with healthcare partners, including University Hospital. With renowned faculty, a student-run clinic, and many cutting-edge centers and institutes, NJMS invites you to explore its rich history and academic programs at <https://njms.rutgers.edu/>.

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