

NEW JERSEY AIDS/HIV/STD HOTLINE**PRESS RELEASE**

November 2016

## Working Towards an AIDS-Free Generation World AIDS Day 2016

(Newark, NJ) – Each year, millions of people around the world will stand together on December 1<sup>st</sup> in part to remember the struggles endured during our fight against HIV/AIDS, but also to celebrate great achievement. We stand in solidarity for many reasons: to provide encouragement to those living with HIV, to acknowledge those working tirelessly to care for HIV infected patients, to promote HIV testing, diagnosis, and treatment, and to remember those who have died as a result of the disease. This day also serves as an important reminder that HIV and AIDS still remain a major global health priority with millions worldwide continuing to be infected with HIV each year.

Let this day serve as a reminder that everyone is at risk for HIV infection regardless of age, gender, ethnicity, or sexual preference. HIV doesn't discriminate. Don't wait and don't depend on luck - know your HIV status now. Testing is the ONLY way to know for sure. You cannot rely on symptoms to know if you are positive. Many people who are positive do not show any symptoms for years.

HIV testing has never been quicker and easier than it is today with the rapid HIV test. These tests were designed to produce fast results in less than an hour. The sooner HIV infection is found, the sooner treatment can begin. Ignoring your infection will not make it go away. HIV treatment works, but it is a lifelong process. In order for you to stay healthy, you must get regular HIV medical care.

### TAKE ACTION: GET TESTED, GET CARE, STAY IN CARE, STOP HIV.

One of the greatest achievements in recent HIV/AIDS history is the availability of pre-exposure prophylaxis, or PrEP for those not infected with HIV. When taken as directed (one pill every day), PrEP will help to prevent HIV infection in those at highest risk of becoming HIV positive through<sup>1</sup>. This medicine must be prescribed by a healthcare professional; it cannot be bought over-the-counter. By adding another layer of protection (condoms), PrEP is found to be even more effective; condoms must be used correctly, every time a person is involved in sexual contact.<sup>2</sup> For more information about PrEP including how to get it in New Jersey, call 1-800-624-2377 (The New Jersey AIDS/HIV/STD Hotline) to talk with one of our healthcare specialists.

What You Can Do to Protect Yourself and your partner<sup>3</sup>

- 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.

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<sup>1</sup> CDC. [Daily pill can prevent HIV](#). December 2015.

<sup>2</sup> CDC. [Are you ready for PrEP?](#) Accessed November 8, 2016.

<sup>3</sup> CDC. [National Gay Men's HIV/Awareness Day](#). September 20, 2016.

- 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 \(PEP\)](#).

Creating an AIDS-free generation is a shared responsibility. Take control of your own health - get tested, get care, stay in care, and help stop HIV. 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 (The New Jersey AIDS/HIV/STD Hotline) either by calling 800-624-2377, text/email at 8006242377@njpies.org, or chat via our site at [www.njhivstdline.org](http://www.njhivstdline.org). We are always here to help 24 hours a day/ 7 days a week! Calls are free and confidential.

Services include:

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

For information about New Jersey's HIV/AIDS events including World AIDS Day, visit NJDOH's Division of HIV, STD, and TB Services' events calendar <http://web.doh.state.nj.us/apps2/aids/events.aspx>

#### **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](http://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.