

NEW JERSEY AIDS/HIV/STD HOTLINE

140 Bergen St, Suite G 1600
Newark, New Jersey 07101-1709
Hotline: (800) 624-2377
Office: (973) 972-9280

PRESS RELEASE

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NJPIES

When It's Time to Tell Your Loved One That You Are HIV-positive

(Newark, NJ) - Telling your loved ones you are HIV-positive is a difficult step in having to live with HIV. In general, you decide who you are comfortable telling you are HIV-positive (family members, friends, or others), but be aware that there are certain people that do need to know.

Who should know you are HIV-positive?

- ✓ Partners need to know that they are at risk
 - Your spouse and/or current sexual partner(s)
 - Past sexual partners
 - Anyone you've shared a needle or other drug injecting equipment with
 - Future sexual partners
- ✓ Healthcare providers including dentists

It's important to start the notification process soon after being diagnosed. The following are options available for notifying partners

- ✓ If you are comfortable enough, you can tell them yourself
- ✓ Ask your healthcare professional to notify your partner. Many health departments have counselors trained in partner notification. Notification by professionals is confidential.

Living with HIV means making choices. Let responsibility be your guide.

Call the NJ AIDS/HIV/STD hotline at 1-800-624-2377 if you have questions concerning HIV/AIDS, STDs or Hepatitis. The hotline is available to help 24 hours a day/ 7 days a week. All calls are free and strictly confidential. A healthcare professional (doctor, nurse, or pharmacist) is available to provide the following services...

- ◆ Referrals
- ◆ HIV, STD and Hepatitis Prevention Information
- ◆ Counseling and Treatment Locations
- ◆ Treatment Information

Remember, Help is Just a Phone Call Away!

Adapted from When It's Time to Tell – Disclosing HIV+ Status brochure, NJ Department of Health & Senior Services, Division of HIV/AIDS Services

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