

YOUR GUIDE TO HIV PREVENTION



Approximately

38,000

people are living with human immunodeficiency virus (HIV) in New Jersey.



Men are

2x

more likely to be affected by HIV/AIDS than women.

The good news is, HIV is preventable with a few easy steps.

01

Practice Abstinence

The only sure way to prevent HIV is by not having sex. You are your safest partner.



02

Talk with Your Partner(s)

Make sure you and your partner(s) are on the same page when it comes to safer sex, especially when preventing or managing HIV.



03

Practice Safer Sex

Using condoms correctly every time can be 98% effective in preventing HIV, STIs and pregnancy.



04

HIV Testing

Getting tested is important for your health, your partner's health and any other possible future partners.



05

PrEP and PEP for HIV

PrEP can reduce the risk of HIV from sex by 99% and from needle use by 75%. PEP is a medication taken after possible exposure and should only be taken in emergency situations.



For more information visit NJFPL.org to find a health center near you.



new jersey family
planning league