

WHAT IS HIV?

Human immunodeficiency virus, abbreviated as HIV, is a virus which is transmitted through contact with infected blood, semen, or vaginal fluids. **HIV attacks the body's immune system, making it more difficult to fight infections, while increasing the severity of illnesses.** When left untreated, HIV can lead to acquired immunodeficiency syndrome (AIDS). HIV does not currently have a cure, but there are many prevention strategies which are extremely effective.

In 2019, 36,801 people received an HIV diagnosis in the United States; 69% were among gay and bisexual men, 23% were heterosexual, and 7% were among people who inject drugs.

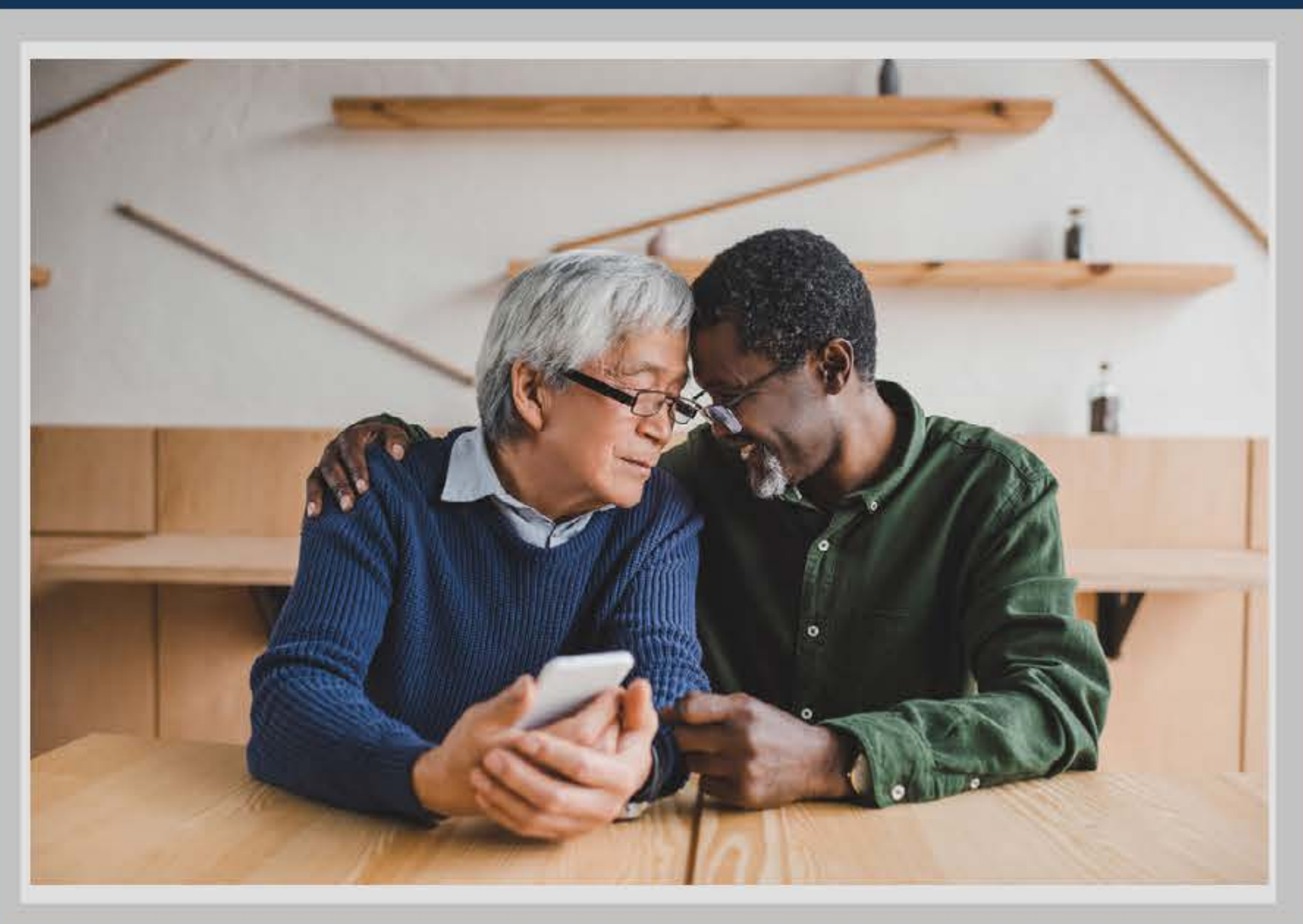
WHAT ARE THE SYMPTOMS OF HIV?

Symptoms of HIV vary among infected individuals, but within 2 to 4 weeks of infection, most experience flu-like symptoms including:

- Fever
- Chills
- Rash
- Night sweats
- Muscle aches
- Sore throat
- Fatigue
- Swollen lymph nodes
- Mouth ulcers

WHAT IS PREP AND PEP?

Pre-exposure prophylaxis (PrEP) is a prescription medication which **reduces your risk for HIV from sex by about 99%, and from injection drug use by about 74%.** PrEP is branded as Truvada and Descovy, and is taken once a day. Local resources are available to help you receive free counseling and linkage to PrEP if it is right for you. Post-exposure prophylaxis (PEP) is a medication **used after a possible HIV exposure, and should be taken within 72 hours of an exposure.** PEP is taken 1-2 times a day for at least 28 days.



CONTACT US
For more information, get in touch!

**PARAMUS
HEALTH DEPT.**

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Paramus, NJ 07652

(201) 265-2100 ext. 2502
HealthSupport@paramusborough.org

FIND US ONLINE

ParamusHealth.org

 facebook.com/ParamusHealth

 @ParamusHealth

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Resources in this brochure are for informational purposes only and are not endorsed by the Paramus Health Department

COMMUNITY RESOURCES

For HIV Prevention, Testing,
Treatment, & Support

PREVENT. PROMOTE. PROTECT.

Paramus
Health
Department



HIV RESOURCES

No matter your HIV status, you are not alone. There are plenty of local resources available to you which offer no-cost counseling, support, and treatment.

Bergen County Department of Health Services

One Bergen County Plaza | 4th Floor
Hackensack, NJ 07601
201-336-3350
scrandall@co.bergen.nj.us
mmontes@co.bergen.nj.us (Spanish)

Offers free and confidential services to reduce the spread of HIV and AIDS including:

- Sexual Health Counseling
- Referrals for HIV, Hepatitis and Pregnancy Care
- HIV Counseling and Testing
- Assessment and Referral for Drug Treatment
- PrEP Counseling
- Overdose Prevention and Referral
- Preventative Health Counseling

Buddies of NJ

Franklin A. Smith Resource Center
149 Hudson Street
Hackensack, NJ 07601
201-489-2900
NJBuddies.org

Offers support, education, and services for people living with and affected by HIV and AIDS. These services include:

- Free Rapid HIV Testing
- HIV Counseling
- PrEP Counseling and Linkage
- Case Management
- Medical Case Management
- Housing and Housing Assistance
- Dental Services
- Counseling Services
- Peer Support Groups
- Transportation
- Food Bank

Ready, Set, PrEP

HIV.gov

This federal program provides free PrEP medication for eligible individuals who are without health insurance coverage for prescription drugs, are negative for HIV, and have a prescription for PrEP. PrEP can be received from participating pharmacies or by mail order. Visit HIV.gov for additional resources for HIV prevention, testing, and care.

LGBTQ+ RESOURCES

Bergen County LGBTQ+ Alliance

BergenCountyLGBTQ.org

Advocates for equality and resources for the LGBTQ+ community in Bergen County. This organization offers education, support, resources, and programs to foster inclusivity and belonging.

PFLAG of Bergen County

BergenPFLAG.com

An organization made up of parents, family, friends, and allies united with LGBTQ+ people in Bergen County. Support groups are frequently held to allow community members a safe space to voice their feelings, fears, and questions.



SEXUAL HEALTH RESOURCES

Planned Parenthood

Englewood

46 North Van Brunt Street
Englewood, NJ 07631
201-894-0966

Paterson

680 Broadway
Paterson, NJ 07514
973-345-3883

Hackensack

575 Main Street
Hackensack, NJ 07601
201-489-1140

Spring Valley

25 Perlman Drive
Spring Valley, NY 10977
845-426-7577

Offers high-quality and affordable services and education for uninsured and insured individuals including:

- Abortion
- Birth Control
- HIV Services
- Men's Health Care
- Morning-After Pill (Emergency Contraception)
- Pregnancy Testing and Services
- STD Testing, Treatment, and Vaccines
- Women's Health Care

The Planned Parenthood locations in Paterson and Spring Valley offer **transgender hormone therapy services**. Additionally, the Spring Valley location offers **primary care services**.

PRIMARY CARE RESOURCES

Bergen Volunteer Medical Initiative

75 Essex Street, Suite 100
Hackensack, NJ 07601
201-342-2478
BVMI.org

No-cost healthcare for Bergen County's working uninsured, whose household income is less than 250% of the Federal Poverty Level

North Hudson Community Action Corporation

201-210-0200
NHCAC.org

Garfield

535 Midland Avenue
Garfield, NJ 07026

Hackensack

25 East Salem Street
Hackensack, NJ 07601

Primary care services available with a sliding fee discount for uninsured patients. Additional services include internal medicine, pediatrics, and women's health. Dental services available at the Garfield location.

SUBSTANCE USE RESOURCES

Access Center for Mental Health & Addiction

230 East Ridgewood Avenue
Paramus, NJ 07652
800-730-2762
NewBridgeHealth.org

Addiction and substance use disorder treatment

Reach NJ

1-844-REACHNJ (732-2465)

Referrals to support services and local treatment

CRISIS RESOURCES

In the event of an emergency, please call 911

Suicide Prevention Lifeline

Call or Text 988

National Sexual Assault Hotline

800-656-HOPE (4673)

Trans Lifeline

877-565-8860

Support for trans people in crisis

The Trevor Project

Text "START" to 678-678
or call 866-488-7386

Crisis support services for LGBTQ+ youth