

如何保护我们自己?

目前为止没有疫苗可以预防艾滋病毒感染。但您可以通过以下方式保护自己 and 他人：

- 使用安全套可以预防艾滋病毒感染。安全套还可以预防其他性传播疾病以及防止怀孕。
- 避免直接的血液接触
- 服用预防艾滋病毒感染的药物：
 - 暴露前预防药物 (Pre-Exposure Prophylaxis, 简称PrEP): 未感染艾滋病毒的人可以通过服用PrEP预防艾滋病毒感染。PrEP不是疫苗，而是药物。必须坚持每日服用才有保护效果；如果停止服用PrEP，就会失去保护。PrEP并不能预防其他性传播疾病。任何家庭医生都可以开具PrEP的处方。如果您没有医疗保健卡(Medicare Card)，您也可以在网上以下网址购买PrEP：
www.greencrosspharmacy.online。

由于PrEP是抗艾滋病毒的药物，在服药期间可能会有一些不良反应。您不能通过服用别人用于治疗艾滋病的药物来预防艾滋病。

— 暴露后预防药物 (Post-Exposure Prophylaxis, 简称PEP)：在有可能接触艾滋病毒之后连续服用28天的PEP，可能防止感染艾滋病毒。PEP必须在接触艾滋病毒后的72小时内开始服用，并且越早开始效果越好。

在昆士兰州，只有性健康诊所、医院急诊科的医生，以及取得了治疗艾滋病的药物处方权的家庭医生才可以开具PEP的处方。

How do I protect myself?

There is no vaccination for HIV. It is very important to use the following methods to protect you and others:

- Use condoms to prevent HIV. Condoms can also prevent sexually transmissible infections (STIs) and pregnancy.
- Avoid direct blood contact.
- Take HIV prevention medicine:
 - Pre-Exposure Prophylaxis (PrEP) is taken by people who don't have HIV to protect them from getting HIV. PrEP is not a vaccine, it is medicine. It only works when you take it every day. If you stop taking PrEP, you will not be protected. PrEP doesn't prevent other STIs. Any GP can prescribe PrEP. If you don't have a Medicare card, you can order PrEP online at www.greencrosspharmacy.online.

Because PrEP is medicine, there may be side effects when you take it. You cannot take another person's HIV medicine to prevent HIV.

- Post-Exposure Prophylaxis (PEP) is a 28-day course of anti-HIV medicine that may prevent HIV infection **after** possible exposure to HIV. PEP must be started within 72 hours, but the sooner you start PEP, the better.

PEP can only be prescribed by doctors at sexual health clinics, Emergency Departments in hospitals in Queensland, and GPs who prescribe HIV medicine.



如果您想了解更多有关艾滋病、肝炎和性传播疾病的信息，可以登录我们的网站 www.eccq.com.au/bbv 下载《Let's Talk About It》健康宣传手册。您也可以联系我们为您邮寄免费的健康宣传材料。

联系方式 (中文/英文 双语)

网址：www.eccq.com.au/bbv

电话：07 3844 6877

手机：0479 130 997

电子邮箱：chinese@eccq.com.au

微信/Line：[chineseeccq261](https://www.eccq.com.au/bbv)



Please contact us at www.eccq.com.au/bbv or download a copy of the **Let's Talk About It** booklet from our website for further information about HIV, Hepatitis and STIs. You can also ask us to send you hard copies for free.

Contact Us

Website: www.eccq.com.au/bbv

Phone: **07 3844 6877**

Email: chinese@eccq.com.au



健康与防护

艾滋病常识

Information about HIV/AIDS



什么是艾滋病毒(HIV)？

人类免疫缺陷病毒(**H**uman **I**mmunodeficiency **V**irus, 简称为 HIV), 也被称为艾滋病毒。这种病毒能破坏人体的免疫系统 (即人体自身的疾病防御系统)。如果不治疗, 艾滋病毒会在多年以后使人体的免疫系统变得非常脆弱。

什么是获得性免疫缺陷综合征(AIDS)？

获得性免疫缺陷综合征(**A**cquired **I**mmuno-**D**eficiency **S**ndrome, 简称为 AIDS), 也被称为艾滋病。艾滋病是未经治疗的艾滋病毒感染的晚期阶段。在这个阶段, 人体的免疫系统无法保护自己, 人就会非常容易受到各种疾病的侵袭, 比如癌症、肺结核和其他感染。很多因艾滋病而死亡的人其实是死于这些疾病, 但是在澳大利亚, 绝大多数的艾滋病毒感染者都在接受治疗, 因此不会发展成艾滋病。只有艾滋病毒可以在人群中传播, 而艾滋病不能传播。

艾滋病毒是怎样传播的？

艾滋病毒只通过体液传播, 包括:

- 血液
- 精液
- 阴道分泌物
- 乳汁

只有通过以下途径可以传播艾滋病毒:

- 进行没有防护措施的性交, 如未使用安全套。
- 母婴传播: 感染了艾滋病毒的母亲在怀孕、生产以及母乳喂养过程中都可能将艾滋病毒传播给孩子。但是现在有很多方法可以阻断母婴传播的途径, 因此在澳大利亚通过这种方式感染艾滋病毒的风险很低。感染了艾滋病毒的母亲也可以有一个健康的孩子。
- 血液接触: 比如使用未经严格消毒的医疗器械、与他人共用针头或注射器、或者接受了带有艾滋病毒的血液或器官、组织移植。在澳大利亚通过这种途径感染艾滋病毒的风险极低。

以下这些途径不会传播艾滋病毒:

- 拥抱
- 接吻
- 一起用餐, 共用水杯、餐具
- 握手
- 唾液
- 汗液
- 尿液
- 蚊虫叮咬

What is HIV?

HIV stands for **H**uman **I**mmunodeficiency **V**irus (HIV). It is a virus that damages the body's immune (defence) system. Without treatment, HIV makes your immune system very weak after many years of infection.

What is AIDS?

AIDS stands for **A**cquired **I**mmuno-**D**eficiency **S**ndrome. It is the late stage of untreated HIV. At this stage, the body has trouble defending itself against various diseases such as cancer, TB and other infections. Many people with HIV die from AIDS due to these diseases, but in Australia, most people with HIV are on treatment and therefore do not progress to AIDS. Only HIV can be transmitted between people, but AIDS cannot.

How do people get HIV?

HIV can only be transmitted through body fluids including:

- blood
- semen
- vaginal fluids
- breast milk

There are only a few activities that can put people at risk of getting HIV:

- Sex without protection, such as without condoms.
- Mother to child: a mother who has HIV can pass it on to her child during pregnancy, childbirth and breastfeeding. However, this risk is very low in Australia because there are ways to prevent mother-to-child transmission. A mother living with HIV can have a healthy baby.
- Blood contact such as using unsterile medical equipment, sharing needles and syringes, or receiving blood transfusions and organ/tissue transplants that are contaminated with HIV. This risk is extremely low in Australia.

HIV is not transmitted by:

- hugging
- kissing
- sharing food, cups, drink bottles or utensils
- shaking hands
- saliva
- sweat
- urine
- mosquitoes

如何知道自己是否感染了艾滋病毒？

很多人在感染了艾滋病毒后的很多年内都没有任何症状。只有通过艾滋病毒专项检查才可以知道是否感染了艾滋病毒。所有的家庭医生都可以为您提供严格保密的艾滋病毒检查。您也可以去当地的性健康诊所接受检查。

在澳大利亚每年有几百人被诊断出艾滋病毒感染。如果您担心或觉得您有感染艾滋病毒的风险, 那么您就应该接受检查。

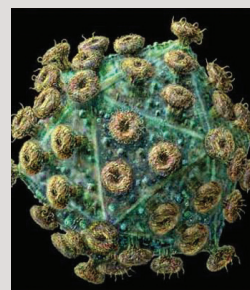
艾滋病毒感染可以治疗吗？

是的, 治疗艾滋病毒感染的方法称为抗逆转录病毒疗法 (Antiretroviral Therapy, 简称为 ART)。这种疗法非常简便且非常有效, 但是并不能治愈。早检测、早治疗可以:

- 防止艾滋病毒感染发展为艾滋病
- 减少体内的艾滋病毒量, 使其达到非常低的水平, 甚至无法检测到
- 减少将艾滋病毒传播给其他人的可能
- 帮助您健康的生活

有效的治疗可以使体内艾滋病毒的量降低到现有的检测手段都无法检测到。这种情况被称为“**病毒载量检测不到 (undetectable viral load)**”。病毒载量一直维持在检测不到的水平的艾滋病毒感染者是不会通过性接触将艾滋病毒传播给其他人的, 但是这并不代表已经“治愈”。如果停止治疗, 病毒量会再次升高。坚持治疗、将病毒载量维持在检测不到的水平是非常重要的。

只有经过艾滋病治疗培训的家庭医生和专科医生可以开具治疗艾滋病毒感染的药物处方。您可以在 www.ashm.org.au 网站上查到有处方权的家庭医生信息。



How do you know you have HIV?

Many people with HIV don't have symptoms for many years. Only an HIV test can tell whether a person is infected. All GPs can provide a confidential HIV test. You can also get a test at your local sexual health clinic.

A few hundred of people are diagnosed with HIV in Australia each year. If you are concerned or think that you have been at risk of HIV, then you should get tested.

Is there treatment for HIV?

Yes. It is called Antiretroviral Therapy (ART). The treatment is simple and effective but not a cure. Early testing and treatment can:

- Prevent HIV progressing to AIDS.
- Reduce HIV in your body to a very low level even undetectable.
- Reduce the chance of passing HIV on to other people.
- Help you to live a longer and healthier life.

Successful treatment can greatly reduce HIV in the body to a level where current tests cannot detect HIV. This is called an '**undetectable viral load**'. People with a consistently undetectable viral load cannot transmit HIV by sexual contact, but HIV is not 'cured'. If treatment is stopped, the virus will increase again. It is very important to continue treatment to maintain an undetectable viral load.

Only GPs with HIV training and specialists can provide HIV treatment. You can find a GP who can prescribe HIV medicine at www.ashm.org.au.

