



让我们来了解。。。。



Let's Talk About It...

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让我们来了解。。。。

肝炎、人类免疫缺乏病毒(HIV)感染及性病(性传染病)都是在许多国家存在的健康问题，也包括澳洲。在海外出生、旅游或居住过的人士感染上述某些疾病的风险可能会较高。很多感染者可能没有任何症状，因此不知道已受到感染。本手册提供有关上述疾病的资讯，以及早检查早治疗的重要性。

Let's Talk About It...

Hepatitis, HIV (Human Immunodeficiency Virus) infection and STIs (Sexually Transmissible Infections) are health problems in many countries, including Australia. People who were born, have lived or travelled overseas may be at higher risk of getting some of these infections. Many people with these infections look and feel healthy and may not know that they have been infected. This booklet provides information about these infections and the importance of being tested early and getting treatment if necessary.

肝炎

Hepatitis

肝炎

什么是肝炎？

肝炎是指肝脏发炎(肿胀)，这是一种十分常见的肝脏疾病。肝脏是人体内体积最大的器官，具有多种功能。例如，清除血液内的毒素和化学物质、储存维他命、帮助消化，以及将食物转化成养份。可能引起肝炎的原因有：

- 病毒
- 摄取过量酒精
- 某些药物/化学物
- 其他疾病和健康问题，例如脂肪肝

由病毒感染而引起的肝炎称为病毒性肝炎。这是世界上最普遍的肝炎类型，可以在人与人之间传播。病毒性肝炎主要有5种：**甲型肝炎(简称甲肝)**、**乙型肝炎(简称乙肝)**、**丙型肝炎(简称丙肝)**、**丁型肝炎(简称丁肝)**及**戊型肝炎(简称戊肝)**，前3种是最常见的类型。不同的肝炎由不同的病毒引起，而且传播的途径，检查、治疗和预防方法亦各异。本手册提供最常见的三种病毒性肝炎的详细资讯。

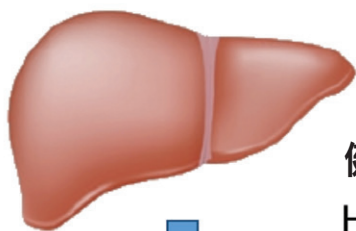
Hepatitis

What is Hepatitis?

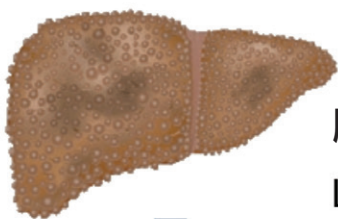
Hepatitis means inflammation (swelling) of the liver and is a very common liver disease. The liver is the largest organ inside the body and has many functions. For example, it cleanses toxins and chemicals from the blood; stores vitamins; helps digestion and processes food into nutrients. Hepatitis can be caused by:

- Viruses
- Too much alcohol
- Some drugs/chemicals
- Other diseases and conditions such as fatty liver

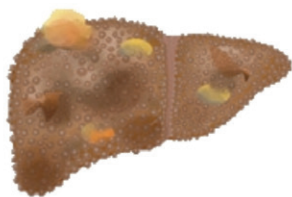
Hepatitis caused by viruses is called **viral hepatitis**. It is the most common form of hepatitis in the world and can spread from person to person. There are five main types of viral hepatitis: **hepatitis A, hepatitis B, hepatitis C**, hepatitis D and hepatitis E, the first three are the most common. They are caused by different viruses and have different transmission routes, tests, treatment and prevention methods. This booklet provides detailed information about the three most common viral hepatitis.



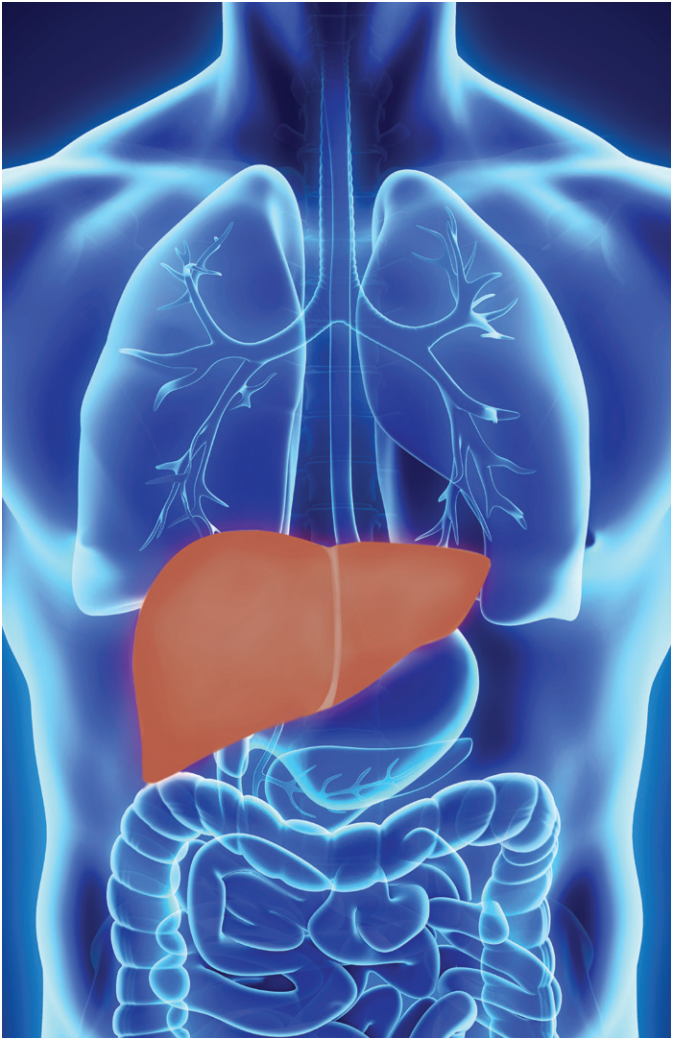
健康肝脏
Healthy liver



肝硬化
Liver cirrhosis



肝癌
Liver cancer



常见病毒性肝炎类型的比较

| | 甲肝(HAV) | 乙肝(HBV) | 丙肝(HCV) |
|---------------------|---------|--|--|
| 病因 | 甲肝病毒 | 乙肝病毒 | 丙肝病毒 |
| 传播途径 | 粪口传播 | <ul style="list-style-type: none"> • 母婴传播 • 血液接触传播 • 性接触传播 | <ul style="list-style-type: none"> • 血液接触传播 • 母婴传播-但几率很低 |
| 急性感染(<6个月) | 有 | 有 | 有 |
| 慢性感染(>6个月) | 无 | 有 | 有 |
| 急性感染转为慢性的几率 | 不会转成慢性 | <ul style="list-style-type: none"> • 婴儿时期感染:80-90% • 儿童时期感染:30% • 成人时期感染:低于5% | 任何年龄段感染均75% |
| 在不干预情况下发展成肝硬化、肝癌的几率 | 无 | 25%的慢性感染者 | 20-30%的慢性感染者 |
| 诊断 | 甲肝血液检查 | 乙肝血液检查 | 丙肝血液检查 |
| 药物 | 无 | 有 - 只有部份病人需要治疗, 且需终身服药 | 有 - 所有病人需要治疗, 只需服8-12周 |
| 治愈 | 自愈 | 不能治愈 | 可以 - 超过95%治愈率 |
| 定期检查 | 不需要 | 需要 - 包括所有无需治疗或正在治疗的慢性感染者 | 需要 - 一只对没有治疗或有肝硬化的慢性感染者 |
| 预防 | 疫苗 | 疫苗 | 无疫苗 避免血液接触 |
| 再次感染 | 不会 | 不会 | 会 |
| 母乳喂养 | 可以 | 可以 | 可以 - 治疗期间除外 |

The differences between the three most common viral hepatitis

| | Hepatitis A (HAV) | Hepatitis B (HBV) | Hepatitis C (HCV) |
|--|-----------------------------------|---|--|
| Cause | Hepatitis A virus | Hepatitis B virus | Hepatitis C virus |
| Transmission | Faecal – oral route (poo - mouth) | <ul style="list-style-type: none"> • Mother to baby at birth • Blood contact • Sexual contact | <ul style="list-style-type: none"> • Blood contact • mother to baby at birth- very low |
| Acute infection (<6 months) | Yes | Yes | Yes |
| Chronic infection (>6months) | No | Yes | Yes |
| Chance of developing a chronic infection | – | <ul style="list-style-type: none"> • 80-90% if infected as an infant • 30% if infected as a child • Less than 5% if infected as an adult | 75% infected at any age |
| Chance of developing liver cirrhosis/ cancer without intervention | – | 25% | 20-30% |
| Diagnosis | Hepatitis A blood test | Hepatitis B blood test | Hepatitis C blood test |
| Medication | No | Yes – Only some people need, usually lifelong | Yes – All people need, 8-12 weeks treatment |
| Cure | Most recover naturally | No | Yes – over 95% |
| Regular check-ups | No | Yes – All people with chronic hepatitis B, with or without treatment | Yes – people with chronic hepatitis C who have not had treatment or have been diagnosed with liver cirrhosis |
| Prevention | Vaccine | Vaccine | No vaccine – avoid blood |
| Re-infection | No | No | Yes |
| Breast feeding | Yes | Yes | Yes – but not when on treatment |

甲肝

甲肝由甲肝病毒(HAV)引起。这种肝炎在澳洲并不常见，但在很多国家十分普遍。甲肝只属于短期感染，不会导致长期的肝脏损害。如曾经感染过甲肝，便会获得终身免疫(受到保护)，而不会再次被感染。

人们如何会感染上甲肝？

甲肝病毒存在于粪便中。受感染人的粪便如污染到**食物和水**，病毒便会由这些食物和水传播。有些国家的食物和水较不安全，容易感染上病菌和病毒比如甲肝病毒等。受感染的人如果卫生意识较差，例如如厕后不洗手，便有可能污染所准备的食物或饮料。在澳洲，有时人们可能会因食用受污染的海外食品，或者与刚从海外回来感染了甲肝人士有密切接触，从而感染甲肝。

甲肝会有哪些症状？

甲肝感染者通常都不会有任何症状，尤其是儿童，但仍会有一部分人士出现病征，例如：

- 发烧
- 疲劳
- 食欲不振(不知饥饿)
- 恶心(有作呕感觉)
- 呕吐
- 腹痛
- 尿液呈深色
- 大便呈灰色
- 关节痛
- 黄疸(皮肤及眼睛发黄)

怎样知道自己是否有甲肝？

要知道自己是否感染了甲肝，唯一的方法是接受特定的**甲肝血液检查**。所有家庭医生(GPs—处理所有日常健康方面的第一位需要咨询的医生)均可开具检查单。

前来澳洲的人士，是否在入境前接受甲肝检查？

入境澳洲的人士无须在入境前接受甲肝检查。

Hepatitis A

Hepatitis A is caused by the hepatitis A virus (HAV). It is not common in Australia but is very common in many other countries. Hepatitis A is only a short-term infection, and does not cause long-term liver damage. If people have had hepatitis A once, they will be immune (protected) for life, and will not get it again.

How do people get hepatitis A?

The hepatitis A virus is found in faeces (poo). It is spread through **food or drink** that is contaminated with faeces from an infected person. This is more likely to happen in countries where food and water is not safe and can easily be infected by germs such as the hepatitis A virus. It can also happen if infected people have poor hygiene, such as not washing their hands after going to the toilet, they may then pass the virus to the food or drink they prepare. Sometimes people in Australia can get hepatitis A from eating infected food brought in from overseas, or through close contact with an infected person who recently traveled overseas.

What are the symptoms of hepatitis A?

People with hepatitis A do not usually have any symptoms, especially children. But some people may have symptoms such as:

- Fever
- Fatigue (feeling tired)
- Loss of appetite (not feeling hungry)
- Nausea (feeling like you want to vomit)
- Vomiting
- Abdominal pain
- Dark-coloured urine
- Grey-coloured stools (poo)
- Joint pain
- Jaundice (yellow skin, yellow eyes)

How do people know if they have hepatitis A?

The only way for people to know if they have hepatitis A is to have a specific **blood test for hepatitis A**. All General Practitioners (GPs - medical doctors who are the first contact for all daily health matters) can order the test.

Are people tested for hepatitis A before they come to Australia?

People are not required to have a test for hepatitis A before coming to Australia.

甲肝对人体有何影响？

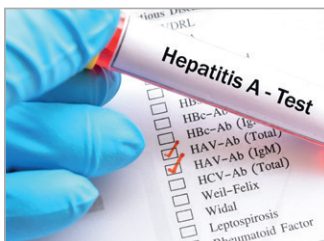
某些人在感染甲肝之后，可能会感到不适。但这是短期的感染性疾病，不会对肝脏造成长期伤害，因甲肝导致死亡非常罕见。

甲肝是否能够医治？

甲肝并无特定的治疗方法。大多数甲肝感染者都需要：

- 充分休息
- 饮用充足水份
- 避免吸烟
- 避免饮酒

某些甲肝感染者会感到十分不适，并可能需要就其症状接受治疗。



怎样避免感染甲肝？

注射甲肝疫苗。接种疫苗是预防甲肝的最佳方法。甲肝疫苗共需注射2次。我们可在家庭医生处注射疫苗，绝大多数人需自费。

如果一个人已接种过甲肝疫苗，或者过去曾经感染过甲肝，这些人通常已经产生免疫(保护)，无需再次接种疫苗。

保持良好卫生习惯可以降低感染的风险，包括**每次**如厕之后及准备食物之前洗手；在前往饮用水和食物不太安全的国家旅行时，饮用煮沸过的水或瓶装水，以及进食煮熟的食物等等。

乙肝

乙肝是由乙肝病毒(HBV)引起。在乙肝十分常见的地区(包括亚洲、太平洋岛屿、非洲、中东及南美洲部分地区)出生的人士当中，这是一个主要的健康问题。很多入境澳洲的人士可能曾经在故乡感染了乙肝，但自己并不知道。

How does hepatitis A affect people?

Some people may feel unwell if they have hepatitis A, but it does not cause long-term damage to the liver, and deaths caused by hepatitis A are very rare.

Is there treatment for hepatitis A?

There is no specific treatment for hepatitis A.

Most people with hepatitis A need to:

- Rest
- Drink plenty of water
- Avoid smoking
- Avoid drinking alcohol

Some people may feel very sick when they have hepatitis A and may require treatment for their symptoms.



How can people protect themselves from hepatitis A?

There is a **vaccine** for hepatitis A. Vaccination is the best way to prevent hepatitis A. The hepatitis A vaccine involves 2 injections. People can get the vaccine from their GP and most people need to pay for it.

If a person has already been vaccinated for hepatitis A, or had hepatitis A in the past, they already have immunity (protection) and do not need the hepatitis A vaccine again.

You can also reduce the risk by having good hygiene including **always** washing your hands after going to the toilet and before preparing food; drinking boiled or bottled water and eating cooked food while travelling in countries where water and food may be unsafe.

Hepatitis B

Hepatitis B is caused by the hepatitis B virus (HBV), and it is a major health problem among people who were born in areas where hepatitis B is common, such as **Asia, the Pacific Islands, Africa, the Middle East and parts of South America**. Many people coming to Australia may have been infected with hepatitis B in their home country without knowing it.

急性乙肝(短期感染)：是指感染了乙肝病毒，而感染持续少于6个月。乙肝可以是急性感染或者是慢性感染。有些急性乙肝感染者(多数为成年人)，可于6个月自行清除病毒。这说明他们已经痊愈，而且不会再次感染乙肝。这些人亦无需接种乙肝疫苗。

慢性乙肝(长期感染)：如果急性乙肝感染者无法自行清除病毒，且感染情况持续超过6个月，便会发展成慢性乙肝。**慢性乙肝感染者通常不会痊愈。**发展成慢性乙肝的机会，视首次受病毒感染的年龄而定：大约有80–90% 婴儿、30% 儿童及少于 5% 成年人感染后会发展成慢性乙肝。因此，**婴儿及儿童如果曾受到感染，便有很大机会发展成慢性感染。**

无论是急性还是慢性乙肝，都可以传染给他人。

人们如何会感染上乙肝？

乙肝可经以下途径传播：

- **母婴传播。**感染了乙肝的孕妇，可在分娩过程中将乙肝病毒传染给婴儿。在很多国家，这是乙肝最常见的感染途径。
- **血液传播。**以各种途径接触受感染的血液，即使很少，也可使人感染上乙肝病毒。例如：
 - 使用未经灭菌的医疗或非医疗工具设备：灭菌是杀灭病菌的程序。在某些国家，针头及针筒等医疗设备可能会在使用过后未能得到妥善灭菌。因此，假如再次使用相同工具设备，病毒和细菌便可能会传播给其他人。澳洲的卫生政策严谨，而且采用的标准较高，因此医疗工具设备相对安全。
 - 共用可能沾有血液的个人护理用品，例如刮胡刀及牙刷等。
 - 身体或耳朵穿孔，纹身和其他美容项目(如设备未经妥善灭菌)。
 - 涉及皮肤切割或穿刺的文化习俗及传统仪式(如使用的设备或工具未经妥善灭菌)。
 - 儿童之间及家人之间的密切接触，一般经由疮口、切口或伤口而受到感染。

Acute hepatitis B (short-term): when a person is infected with the hepatitis B virus and the infection lasts **less** than 6 months. Hepatitis B can be an acute or chronic infection. Some people (most adults) with acute hepatitis B can clear the virus naturally from their body within six months. This means they are cured and will not get hepatitis B again, and also do not need the hepatitis B vaccine.

Chronic hepatitis B (long-term): when a person with acute hepatitis B cannot clear the virus naturally and the infection lasts **longer** than 6 months. **People with chronic hepatitis B usually have it for life.**

The chance of developing chronic hepatitis B depends on the age when first infected by the virus: about 80-90% of infants, 30% of children and less than 5% of adults infected with the hepatitis B virus will develop chronic hepatitis B. Thus, **babies and children who are infected are more likely to develop chronic hepatitis B.**

Both people with either acute or chronic hepatitis B can infect others.

How do people get hepatitis B?

People can get hepatitis B through:

- **Mother-to-baby** transmission – a pregnant woman with hepatitis B can pass the hepatitis B virus to her baby during birth. In many countries, this is the most common way to get hepatitis B.
- **Blood** transmission – there are many ways people can get hepatitis B through contact with infected blood, even a very small amount. For example:
 - The use of unsterile medical or non-medical equipment. Sterilisation is a process to kill viruses. In some countries equipment such as needles and syringes may not be sterilised properly after use. Therefore, viruses can be spread to another person when the same equipment is used again. In Australia, it is safer due to strict infection controls.
 - Sharing personal care items that may have blood on them, for example, razors and toothbrushes.
 - Body or ear piercing, tattooing and other cosmetic procedures (if the equipment or tools used are not sterilised properly).
 - Cultural practices and traditional treatments that involve cutting or piercing the skin (if the equipment or tools used are not sterilised).

- 输血或使用血液制品：在某些国家，血液和血液制品可能未有经过乙肝病毒检查。在澳洲，所有血液和血液制品均经过严格检查，确保能安全使用。
- 共用药物注射设备。
- **性行为传播。** 乙肝也可经由性接触而传播。但是，成年人感染后发展成慢性感染的机会极低(少于 5%)。

以下行为并不会感染乙肝:

- 共享食物和饮料
- 共用碗筷杯碟等
- 握手
- 拥抱
- 接吻
- 咳嗽
- 打喷嚏
- 使用公共洗手间或泳池
- 哺乳
- 蚊虫叮咬



- Child-to-child and close family contact, normally through contact with open sores, cuts or wounds.
- Blood transfusion or blood products, in countries where blood and blood products are not tested for the hepatitis B virus. In Australia, all blood and blood products are carefully tested to make sure they are safe.
- Sharing injecting drug equipment.
- **Sexual** transmission - hepatitis B can also be passed on through sex. However, the chance of an adult developing chronic Hepatitis B is very low (less than 5%).

People **cannot get** hepatitis B through the following ways:

- Sharing food and drinks
- Sharing cutlery, plates, cups, chopsticks, bowls etc.
- Shaking hands
- Hugging
- Kissing
- Coughing
- Sneezing
- Using public toilets or swimming pools
- Breastfeeding
- Mosquito bites





乙肝会引发哪些症状？

在澳洲，将近30%的乙肝感染者都不知道自己已被感染，因为大部份人没有任何症状。有些人士可能会出现与甲肝类似的症状(请参阅第10页)。

怎样知道自己是否有乙肝？

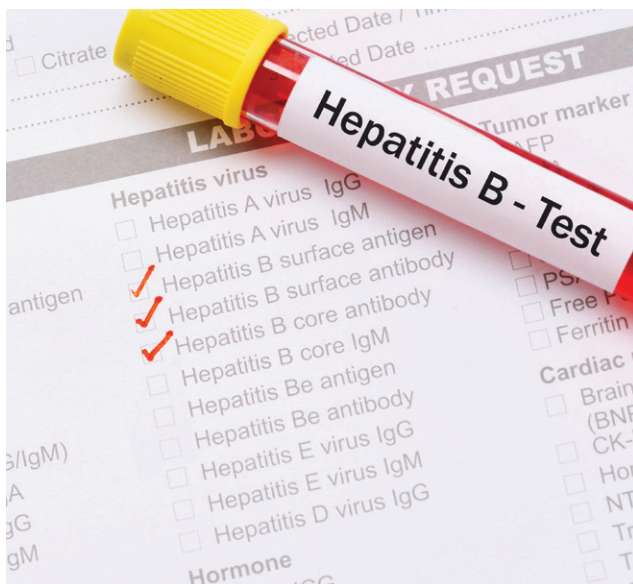
知道自己是否有乙肝的唯一方法，是接受特定的**乙肝血液检查(与普通的血液检查不同)**。所有家庭医生均可开具检查单，检查包括**乙肝表面抗原(HBsAg)**、**乙肝表面抗体(HBsAb)**，以及**乙肝核心抗体(HBcAb)**。

What are the symptoms of hepatitis B?

In Australia around 30% of people with hepatitis B do not know they have it because many people with hepatitis B do not have any symptoms. Some people may experience one or more of the symptoms similar to Hepatitis A (please refer to page 15).

How do people know if they have hepatitis B?

The only way for people to know if they have hepatitis B is to have a specific **blood test for hepatitis B** (it is different from common blood tests). All GPs can order the test, and it should include tests for **hepatitis B surface antigen (HBsAg), hepatitis B surface antibody (HBsAb), and hepatitis B core antibody (HBcAb)**.



下表可帮助大众了解检查结果。

| Do I have hepatitis B? 我有乙肝吗？ | Test results 检查结果 | | What is my status? 结果说明什么？ | What to do next? 接下来怎么做？ |
|----------------------------------|----------------------|-------------------------------------|--|---|
| No 沒有 | HBsAg 乙肝表面抗原 | Negative (-) 阴性 | Not protected 沒有抗体保护 | Consider a hepatitis B vaccination to get protected 考虑接种乙肝疫苗 |
| | HBsAb 乙肝表面抗体 | Negative (-) (or <10 IU/L) 阴性 | | |
| | HBcAb 乙肝核心抗体 | Negative (-) 阴性 | | |
| | HBsAg 乙肝表面抗原 | Negative (-) 阴性 | Protected because of hepatitis B vaccination (immune) 有抗体，因为接种过乙肝疫苗 | Nothing 无 |
| | HBsAb 乙肝表面抗体 | Positive (+) (or >10 IU/L) 阳性 | | |
| | HBcAb 乙肝核心抗体 | Negative (-) 阴性 | | |
| | HBsAb 乙肝表面抗 | Negative (-) 阴性 | Protected because of past hepatitis B infection (immune) 有抗体因为感染过乙肝 | Nothing 无 |
| | HBsAb 乙肝表面抗体 | Positive (+) (or >10 IU/L) 阳性 | | |
| | HBcAb 乙肝核心抗体 | Positive (+) 阳性 | | |
| Yes 有 | HBsAg 乙肝表面抗原 | Positive (+) 阳性 | Hepatitis B 有乙肝 | Further tests. If chronic: -Life-long regular check-ups -Treatment if required 需做进一步检查。如为慢性： -须终身定期检查 -必要时需服药 |
| | HBsAb 乙肝表面抗体 | Negative (-) (or <10 IU/L) 阴性 | | |
| | HBcAb 乙肝核心抗体 | Positive (+) 阳性 | | |

HBsAg是乙肝表面抗原(也写为HepBsAg)。如检测结果呈阳性(或检测得到)，就代表您感染了乙肝。

HBsAb是乙肝表面抗体(也写为HepBsAb 或 anti-HBs)。如检测结果呈阳性，就代表您已有免疫力，不会感染上乙肝。

HBcAb是乙肝核心(总)抗体(也写为 HepBcAb 或 anti-HBc)。如检测结果呈阳性，就代表您过往曾感染过乙肝，或者目前有乙肝。如果您有乙肝，您的家人，性伴侣或同住的人都需要做检测。

The table below can help people understand their results.

| Do I have hepatitis B? | Test results | | What is my status? | What to do next? |
|------------------------|--------------|----------------------------|---|--|
| No | HBsAg | Negative (-) | Not protected | Consider a hepatitis B vaccination to get protected |
| | HBsAb | Negative (or <10 IU/L) (-) | | |
| | HBcAb | Negative (-) | | |
| | HBsAg | Negative (-) | Protected because of hepatitis B vaccination (immune) | Nothing |
| | HBsAb | Positive (or >10 IU/L) (+) | | |
| | HBcAb | Negative (-) | | |
| | HBsAg | Negative (-) | Protected because of past hepatitis B infection and cured naturally (immune) | Nothing |
| | HBsAb | Positive (or >10 IU/L) (+) | | |
| | HBcAb | Positive (+) | | |
| Yes | HBsAg | Positive (+) | Hepatitis B | Further tests. If chronic: -Lifelong regular check-ups -Treatment if required |
| | HBsAb | Negative (or <10 IU/L) (-) | | |
| | HBcAb | Positive (+) | | |

HBsAg means Hepatitis B Surface Antigen (also written as HepBsAg). If it is positive, it means you have hepatitis B.

HBsAb means Hepatitis B Surface Antibody (also written as HepBsAb or anti-HBs). If it is positive, it means you are immune to or protected against hepatitis B.

HBcAb means Hepatitis B Core (Total) Antibody (also written as HepBcAb or anti-HBc). If it is positive, it means you had hepatitis B in the past or currently have hepatitis B.

前来澳洲的人士是否在入境前接受过乙肝检测？

大多数人均无需接受乙肝检测。只有以下群体的人必须接受检测：

永久及临时转永久签证申请人：

- 15 岁或以上，并有意欲任职医生、牙医、护士或急救员，或有意就读有关科目
- 15 岁或以上，并申请就地庇护类别签证
- 已怀孕，并计划在澳洲分娩
- 等待收养的儿童，或正在接受澳洲州政府或领地政府福利机构照顾的儿童

临时签证申请人：

- 有意任职医生、牙医、护士或急救员，或有意就读有关科目
- 已怀孕，并计划在澳洲分娩

您可浏览以下网址，获取最新的详细资讯：

<https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

如果入境人士并不在上述群体之列，就应考虑于入境澳洲之后接受乙肝检测。

乙肝对人体有何影响？

大概每4名慢性乙肝感染者之中，就有1人(25%)可能会发展成严重肝病，包括肝衰竭(肝脏停止工作)、肝硬化(肝脏结疤)或肝癌。但只要定期接受检查，以及在有需要时接受治疗，就可极大防止出现上述情况。

乙肝是否可以医治？

可以。慢性乙肝的治疗可减少体内的病毒数量，并有助防止肝脏受损、肝硬化及肝癌。但是，这些治疗方法不能治愈乙肝。目前，大多数感染者如刚开始或已经接受治疗，则需终身每日服药。并非所有慢性乙肝感染者都需要接受治疗，但是**所有慢性乙肝感染者都需要终身接受定期检查**(请参阅“慢性乙型肝炎指南”小册子查询更多详情)。

If you have hepatitis B, your family members, sexual and household contacts should also get tested.

Are people tested for hepatitis B before they come to Australia?

Most people are not required to be tested for hepatitis B. Only the following groups are required to get tested:

Permanent and provisional visa applicants who:

- are aged 15 or over and intend to work as or study to be a doctor, dentist, nurse or paramedic
- are aged 15 or over and apply for an onshore protection type visa
- are pregnant and plan to have the baby in Australia
- are a child for adoption or a child in the care of an Australian state or territory government welfare authority

Temporary visa applicants who:

- intend to work as or study to be a doctor, dentist, nurse or paramedic
- are pregnant and intend to have the baby in Australia

You can find updated and detailed information at <https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

People should consider having a hepatitis B test after arriving in Australia if they are not part of the above groups.

How does hepatitis B affect people?

About 1 in 4 (25%) people with chronic hepatitis B can develop **serious** liver disease, including liver failure (the liver stops working), liver cirrhosis (scarring of the liver), or liver cancer. These can be largely prevented if people have regular checkups and take treatment if required.

Is there treatment for hepatitis B?

Yes, there are treatments for **chronic hepatitis B** that reduce the amount of virus in the body, and help prevent liver damage, cirrhosis and liver cancer. However, this is not a cure. **Currently, most people who start treatment need to continue for the rest of their life.** Not all people with chronic hepatitis B need treatment, but **all people with chronic hepatitis**

慢性乙肝可能会加剧(突然发生变化)，并在感染者没有感到不适的情况下随时导致肝脏受损。乙肝可能潜伏多年都不会导致任何问题，但是对有些人而言，肝脏损伤情况可能会快速恶化。定期检查是唯一方法，可找出肝脏是否已出现任何损伤，以及是否需接受治疗。此举有助预防肝硬化、肝癌及肝衰竭。

急性乙肝只属短期感染，一般无需接受治疗。但是在感染6个月之后需要再次进行检查以确定是否发展成了慢性感染。

专科医生及有接受乙肝专业培训的家庭医生，均可提供慢性乙肝治疗。您可在以下网址找到可以提供治疗的家庭医生的名单：<https://ashm.org.au/>

怎样预防乙肝？

乙肝有**疫苗**。接种疫苗是预防乙肝的最佳方法。在昆士兰，有些人士可免费接种乙肝疫苗，包括：

- 婴儿
- 与乙肝感染者同住的人士，例如家庭成员或室友
- 来自于乙肝较普遍的国家的移民，且持有 Medicare 医疗卡(适用于对乙肝没有免疫力，或之前未曾接种过乙疫苗的人士)
- 慢性肝病及/或丙肝感染者
- 与乙肝感染者有性接触的人士

请浏览 www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule 查阅最新可免费接种的名单。

在接种疫苗之前，医生会先确认是否需要接种。任何人如曾经接种过乙肝疫苗，或者曾感染过乙肝，他们一般会获得免疫力(受到保护)，因此无需再次接种乙肝疫苗。

成年人应在6个月内，接受3次乙肝疫苗注射。婴儿应在6个月内接受4次注射，而第一次注射应在刚出生时进行。一定要完成所有注射，疫苗方可产生最好的效果。完成所有注射之后，大多数人均无需再次注射(加强剂)。

B need regular check-ups by their doctor for their whole life (please refer to the B Healthy-My guide to chronic Hepatitis B booklet for more details). Chronic hepatitis B can flare up (suddenly change) and cause liver damage at any time without a person feeling unwell. Hepatitis B may not cause problems for many years, but for some people, liver damage may develop quickly. Check-ups are the only way to find out if any liver damage has or is occurring and whether treatment is needed. This can help to prevent liver cirrhosis, liver cancer and liver failure.

For **acute hepatitis B** treatment may not be needed as it is only a short term infection. However, you will need to be tested again after 6 months to check if you have developed a chronic infection.

GPs with specific hepatitis B training and specialists can provide treatment for chronic hepatitis B. You can find the list of these GPs at <https://www.ashm.org.au>

How can we prevent hepatitis B?

There is a **vaccine** for hepatitis B. Vaccination is the best way to prevent people from getting hepatitis B. In Queensland, some people can get the hepatitis B vaccine for free, for example:

- Infants
- People living with a person who has hepatitis B, such as family members or housemates
- Migrants from hepatitis B endemic countries who have a Medicare card (if not already immune to hepatitis B or not previously vaccinated)
- Persons with chronic liver disease and/or hepatitis C
- Sexual contacts of persons with hepatitis B

Please go to www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule for the most up to date list.

Before being vaccinated, the doctor should check if a person needs the vaccine. If already vaccinated for hepatitis B, or have had hepatitis B in the past, they may already have immunity (protection) and do not need the hepatitis B vaccine.

For adults, the hepatitis B vaccine involves 3 injections over 6 months. For infants, there are 4 injections over 6 months and the first injection is given at birth. It is important to complete all the injections for the vaccine to work. Most people do not need further injections

在接种最后一针的至少1个月后，可去家庭医生处检查疫苗是否已产生效用。婴儿可在接种最后一针的3个月后接受检查。

有乙肝的孕妇应该怎样？

感染乙肝的女性如得知自己已怀孕，应尽快咨询医生。有些感染者血液内的乙肝病毒含量(病毒载量)偏高可能需要在怀孕最后数月接受药物治疗，以减低将病毒传染给婴儿的风险。婴儿在出生后的12个小时内，应接受第一剂乙肝疫苗及乙肝免疫球蛋白(HBIG)注射，之后在出生第2、4和6个月后继续接种三剂乙肝疫苗。这样，婴儿染上乙肝的几率便可大幅下降至低于5%。到9-12个月大的时候，婴儿应接受乙肝检查，以确定乙肝疫苗是否产生了效果。

母乳不会传播乙肝。感染乙肝的母亲可放心哺乳。如果母亲的乳头有伤口或出血应停止母乳喂养直至乳头愈合。

丙肝

丙肝由丙肝病毒(HCV)引起。来自其他国家人士，可能曾经在故乡感染了丙肝，但自己并无察觉。与乙肝相同，丙肝可以是急性或慢性感染。但与乙肝不同的是，发展成慢性丙肝的几率，并非取决于感染时的年龄大小。大约每4名丙肝感染者中，便有3人(75%)会发展成慢性丙肝并都需要治疗。

人们如何会感染上丙肝？

人们如接触到含有丙肝病毒的血液，便有能感染上丙肝。血液传染的途径请参阅第14页乙肝部份。



(booster) after completing all injections.

To check that the vaccination has worked, people can ask their GP to do a blood test at least 4 weeks after the final injection. A baby can be tested 3 months after the final injection.

What will happen if a pregnant woman has hepatitis B?

As soon as a woman knows she is pregnant, she should see a doctor for advice. Some women with a high level of hepatitis B virus (viral load) in their blood may need medication in the last few months of pregnancy to reduce the risk of passing the virus to the baby. The baby should also get **the first dose of the hepatitis B vaccine and hepatitis B immune globulin (HBIG) within 12 hours of being born**, then 3 more doses of hepatitis B vaccine at 2, 4 and 6 months. By doing so, the chance of the baby getting hepatitis B can be greatly reduced to less than 5%. The child should be tested for hepatitis B at 9 - 12 months old to check that they are protected.

Breastfeeding does not transmit hepatitis B.

Mothers with hepatitis B can breastfeed their babies; however, if their nipples are cracked and bleeding, they should not breastfeed until the nipples have healed.

Hepatitis C

Hepatitis C is caused by the hepatitis C virus (HCV). People coming to Australia from another country may have been infected with hepatitis C in their home country but are not aware of it. Like hepatitis B, hepatitis C can be an acute or chronic infection. Unlike hepatitis B, the chance of people developing chronic hepatitis C does not depend on the age of infection. About 3 in 4 (75%) people infected by the hepatitis C virus will develop chronic hepatitis C and will need treatment.

How do people get hepatitis C?

People can get hepatitis C through **contact with blood** that is infected with the hepatitis C virus.

Examples of blood transmission can be found on page 15 in the Hepatitis B section.

An infected pregnant woman can pass the virus to her baby during birth. This is not common and less than 5%



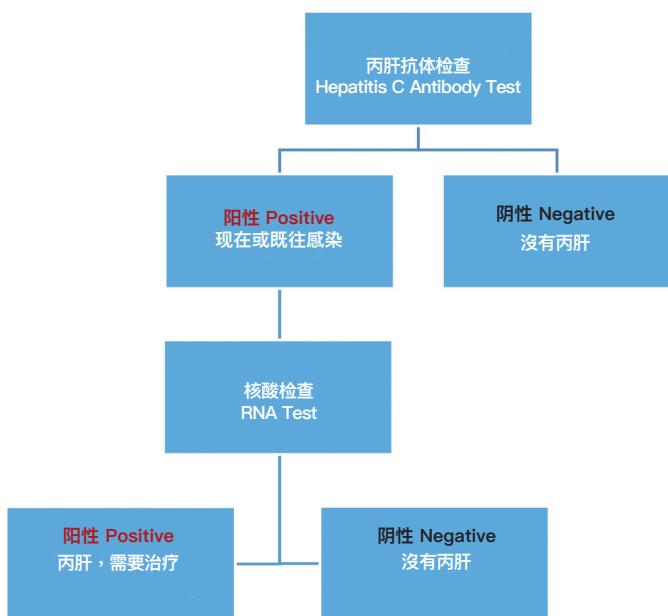
孕妇可能会在分娩过程中将病毒传染给婴儿。但这种情况并不常见，只有少于5%婴儿会受到感染。

一般的社交接触并不会感染丙肝，具体请参阅第16页乙肝部份。

丙肝会有哪些症状？

大多数丙肝感染者通常都不会出现任何症状，但有些可能会出现与甲型或乙型肝炎类似的状况。

怎样知道自己是否感染了丙肝？



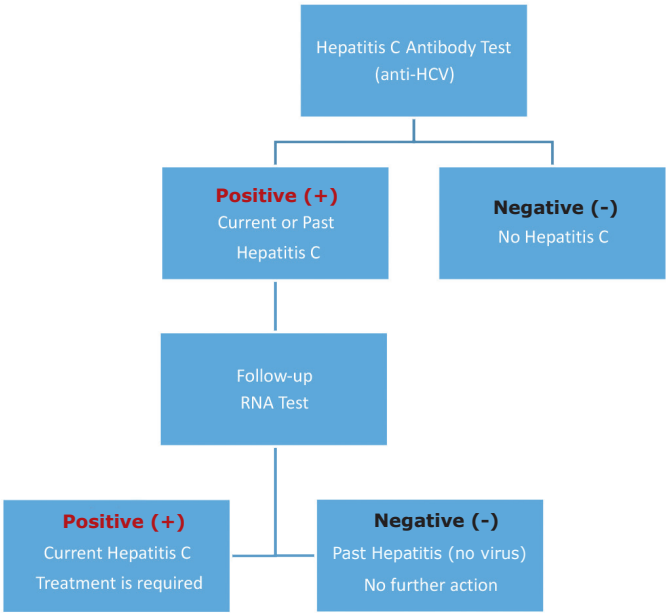
of babies born to mothers with hepatitis C will become infected.

People **cannot** get hepatitis C through social contacts, please refer details on page 19 in the Hepatitis B section.

What are the symptoms of hepatitis C?

Most people with hepatitis C have no symptoms, but some people may experience symptoms similar to hepatitis A or hepatitis B.

How do people know if they have hepatitis C?



要知道自己有否感染了丙肝，唯一的方法是接受特定的丙肝血液检查(不同于普通的血液检查)。所有家庭医生均可安排检查。

首先，检查会寻找血液里的**丙肝抗体**。如抗体检查呈阴性，就代表无丙肝。如果抗体检查呈阳性(检测到)，则代表目前有丙肝，或者过往曾感染过丙肝。在这种情况下，就需进一步接受称为**丙肝RNA**的检查，以确定目前是否仍感染有丙肝。如RNA检查结果呈阴性，就代表没有。如RNA检查结果呈**阳性**，就代表目前仍感染有丙肝，且**需要接受治疗**。

如感染有慢性丙肝，经过多年可能会发展成严重肝病，例如肝硬化及肝癌。因此，确诊丙肝后一定要接受治疗。如果是最近感染了丙肝，一定要在6个月后接受一次丙肝病毒RNA检查，以确定病毒是否依然存在。

前来澳洲的人士，有否在入境前接受过丙肝检查？

大多数人士均无需接受丙肝检查。只有以下人士必须接受检查：

永久及临时转永久签证申请人：

- 15岁或以上，并有意在澳洲任职医生、牙医、护士或急救员，或就读有关科目
- 15岁或以上，并申请就地庇护类别签证

临时居留签证申请人：

- 有意在澳洲任职医生、牙医、护士或急救员，或就读有关科目

请浏览以下网址，获取最新的详细资讯：<https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

丙肝对人体有何影响？

如没有得到治疗，多年后慢性丙肝可导致肝脏受损，有些感染者可能会出现严重肝病，包括肝硬化，肝癌和肝衰竭。

The only way for people to know if they have hepatitis C is to have a **specific blood test for hepatitis C** (it is different from common blood tests). All GPs can order the test.

Firstly, the test looks for **hepatitis C antibodies** in the blood. If the antibody test is negative, the person does not have hepatitis C. If positive (or detected), it means that the person either currently has hepatitis C or has had hepatitis C in the past. A further test called a **hepatitis C RNA** test is needed to check whether the person still has hepatitis C. If the RNA test is negative, it means the person does not have hepatitis C. If the RNA test is **positive** (or detected), it means the person currently has hepatitis C and will **need treatment**.

People with chronic hepatitis C can develop serious liver disease, such as cirrhosis and liver cancer. It is important people get tested and treated if they have chronic hepatitis C. If a person has just become infected, another HCV RNA test will be needed at least 6 months later, to see if the virus is still in the body.

Are people tested for hepatitis C before they come to Australia?

Most people are not required to be tested for hepatitis C. Only the following groups are required to get tested:

Permanent and provisional visa applicants who:

- are aged 15 or over and intend to work as or study to be a doctor, dentist, nurse or paramedic in Australia
- are aged 15 or over and apply for an onshore protection type visa

Temporary visa applicants who:

- intend to work as or study to be a doctor, dentist, nurse or paramedic in Australia

Please find updated and detailed information at <https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

How does hepatitis C affect people?

Over time without treatment, chronic hepatitis C can damage the liver and some people may develop serious liver disease, including cirrhosis, liver cancer, and liver failure.



丙肝可以医治吗？

可以。丙肝有非常有效的治疗方法。完成8周或12周治疗后，有超过95%慢性丙肝感染者能够痊愈(病毒被清除)。治疗的副作用通常很少，例如疲倦或头痛等。家庭医生，专科医生或专科护士都可提供丙肝治疗。一般而言，如果您持有Medicare医疗卡，治疗费用会低于125澳元，使用老年卡或健康保健卡则可低于20澳元。

如果您没有Medicare医疗卡，可凭处方在网站www.fixhepc.com购买较便宜的丙肝治疗药物。曾接受治疗并痊愈的人士，如果不注意保护有可能会再次感染。请浏览我们的丙肝资料了解详情 (www.eccq.com.au/bbv)。

怎样预防丙肝？

丙肝没有疫苗。因此，通过**避免血液接触**来防止感染十分重要，具体做法包括：

- 切勿共用可能曾沾有血液的任何物品(例如刮胡刀，牙刷或药物注射设备)
- 避免「私下」(家中，或无执照地方)进行涉及穿刺皮肤或接触血液的活动，例如纹身、身体或耳朵穿孔及整容
- 用绷带或创可贴遮盖切口、刮损或伤口的部位
- 每次清理血液时戴上手套
- 前往其他国家的医院、诊所，牙医或接受美容项目时保持谨慎。询问对方有否为设备灭菌消毒，或使用全新设备

有丙肝的孕妇应该怎样？

孕妇将丙肝传染给婴儿的风险非常低(少于 5%)。有丙肝的母亲可放心母乳喂养；但如果女性的乳头出现裂痕，就应暂停哺乳，直至乳头愈合为止。女性如得知自己怀孕，就应尽快咨询医生。

在怀孕及哺乳期之后，母亲应接受丙肝治疗。

如果母亲有丙肝，孩子都应在12-18个月大的时接受丙肝检查(www.childrens.health.qld.gov.au)。

Is there treatment for hepatitis C?

Yes, there are highly effective treatments for hepatitis C. After completing 8 or 12 weeks of treatment, over 95% of people with chronic hepatitis C will be **cured** (no hepatitis C). The treatments have very few side effects such as tiredness or headache. GPs, specialists and nurse practitioners can prescribe treatment for hepatitis C. Generally, if you have a Medicare card, the treatment costs less than \$125, with a concession card less than \$20.

If you do not have a Medicare card, you may be able to access cheaper hepatitis C medication at www.fixhepc.com. **People who have been cured can be re-infected with the hepatitis C virus** if they do not protect themselves from the virus. Please see our Hepatitis C Factsheet at www.eccq.com.au/bbv for further details.

How can we prevent hepatitis C?

There is **NO** vaccine for hepatitis C. It is particularly important to prevent it by **avoiding contact with blood**:

- Do not share anything that may have been exposed to blood (such as razors, toothbrushes or injecting drug equipment)
- Avoid 'backyard' practices (at home or not in a licenced place) that involve skin penetration or blood contact, such as tattooing, body or ear piercing and cosmetic procedures
- Cover cuts, scratches and wounds with dressings or a bandage
- Wear gloves while cleaning up any blood
- Be careful when visiting a hospital, doctor, dentist or having cosmetic procedures in another country. Ask whether they sterilise their equipment or use new equipment

What will happen if a pregnant woman has hepatitis C?

The risk of a infected pregnant woman passing hepatitis C to her child is very low (less than 5%). Mothers with hepatitis C can breastfeed; however, if a woman's nipples are cracked and bleeding, she should not breastfeed until they have healed. Women should see their doctor for advice as soon as they know they are pregnant.

After the pregnancy and breastfeeding, the mother should have treatment to cure the hepatitis C. All babies born to mothers with hepatitis C should get tested for hepatitis C at 12 to 18 months old (www.childrens.health.qld.gov.au).

人类免疫缺乏病毒 (HIV)

人类免疫缺乏病毒(HIV)

澳洲有成千上万的人感染HIV。任何人士都有可能感染上HIV，包括来自海外的人士。无论是在澳洲或还是出国旅行，应保护自己免受感染。

什么是人类免疫缺乏病毒(HIV)/艾滋病(AIDS)？

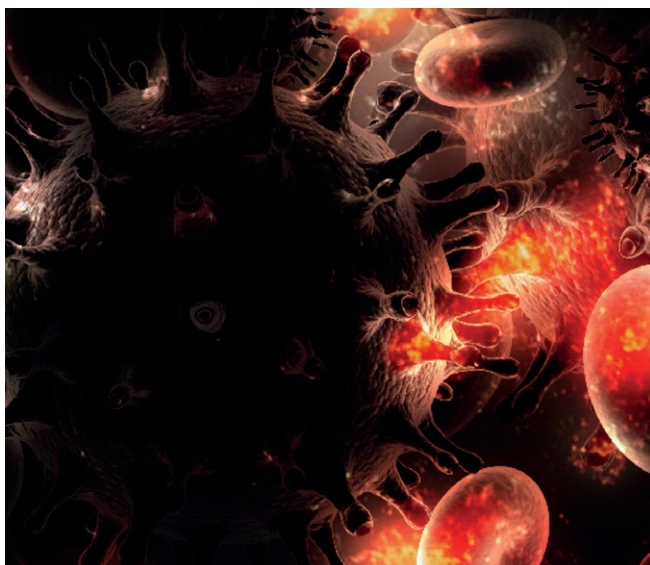
人类免疫缺乏病毒(Human Immunodeficiency Virus)简称HIV, 俗称艾滋病病毒。这种病毒可导致**艾滋病**(后天免疫缺乏症候群；Acquired Immunodeficiency Syndrome,简称 AIDS)。艾滋病是HIV感染的晚期。并非所有HIV感染者都会引发艾滋病。只要及早接受检查并接受HIV治疗，就不会恶化成艾滋病。

HIV

Thousands of people in Australia are infected with HIV and anyone can get HIV, including people from overseas. People need to protect themselves from getting HIV in Australia or when travelling overseas.

What is HIV/AIDS?

HIV stands for **H**uman **I**mmunodeficiency **V**irus. It is the virus that can cause **AIDS** (**A**cquired **I**mmunodeficiency **S**yndrome). AIDS is the late stage of the HIV infection. Not all people with HIV develop AIDS. If people are tested and treated early for HIV they will not progress to AIDS.



人们如何会感染上HIV？

HIV在体液之中存在。接触受感染者的体液，包括血液、精液、阴道分泌液及母乳等，就有可能感染HIV。感染的体液可以由以下列途径进入体内：

性行为：与受感染的人士进行阴道性交或肛交，就有可能感染上HIV。在很多国家，这是HIV最常见的传播方式。有性病(STI)的人，感染上HIV的风险会较高。同时感染了HIV及性病的人，将HIV传播给性伴侣的机会更大。

母婴传播：感染HIV的母亲可能会在怀孕期间、分娩过程中或哺乳时，将HIV传染给其孩子。

血液传播：

- HIV可以通过**血液传播**。血液传播有不同的途径，具体请参阅第14页。
- 乙肝，丙肝和HIV均可以通过血液接触传播，统称**血液性传染病 (BBV)**。如果感染了其中一种，也需要检查有无可能感染其他两种。
- 人们可以同时感染两种或两种以上的传染病—这种情况称为合并感染，需要专科医生进行治疗监测。

以下行为及途径并不会传播HIV：

- 接吻
- 握手
- 拥抱
- 共用食物，饮料，刀叉，盘子，杯子，筷子，碗等
- 使用泳池及洗手间座厕
- 蚊虫叮咬
- 流汗
- 流泪
- 唾液
- 尿液



How do people get HIV?

HIV exists in body fluids. People can get HIV through contact with infected body fluids including blood, semen, vaginal fluid and breast milk. People can only get HIV if infected body fluids get into their body through:

Sex: HIV can be spread through having vaginal or anal sex with an infected person. This is a common way to transmit HIV in many countries. People infected with an STI have a higher risk of becoming infected with HIV. People who have both HIV and an STI are more likely to transmit HIV to their sexual partner(s).

Mother-to-child: an infected mother can pass HIV on to her child during pregnancy, at birth or through breastfeeding.

Blood:

- HIV can be spread through blood. There are different ways people can get HIV through blood, please refer to "Blood transmission" on page 14 in the Hepatitis B section.
- As hepatitis B, hepatitis C and HIV can all be transmitted by blood, they are also called **blood-borne viruses (BBVs)**. If a person is diagnosed with one of these infections, the person also needs to be tested for the other two infections because they share the same transmission route - blood.
- People can have two or more infections at the same time - this is called a co-infection, and may need to be managed by a specialist.

People **cannot get** HIV through:

- Kissing
- Shaking hands
- Hugging
- Sharing food, drinks, cutlery, plates, cups, chopsticks, bowls etc
- Using swimming pools and toilet seats
- Mosquitoes
- Sweat
- Tears
- Saliva
- Urine



HIV感染会有哪些症状？

有些人士在受到HIV感染的最初几个星期，可能会出现类似流感的症状，例如：

- 发烧
- 淋巴结(淋巴腺)肿大
- 扁桃腺肿胀(扁桃腺炎)
- 喉咙痛
- 关节及肌肉痛
- 腹泻
- 皮疹

这些症状会很快消失，受感染的人士可能在未来多年也不会出现任何症状。

怎样知道自己是否感染了HIV？

很多HIV感染者没有症状。要知道自己是否感染了HIV，唯一的方法是接受**特定的HIV血液检查**。以下地方均可做HIV测试：

-家庭医生诊所

-性健康门诊

-在家自测：可以从www.rapid.org.au 网站免费获得自测包或者可以从www.atomohivtest.com 网站购买自测包。

如果一个人过去三个月之内刚感染HIV, 第一次血液检查可能仍无法测出是否被感染，因此在三个月后需要接受第二次检查。无法测出的这段时期称为**空窗期**。如在空窗期有性行为，应**时刻**采取保护措施(例如使用安全套)，以及避免接触血液。及早接受检查和治疗，感染者的健康就可得到大幅改善。如果第二次检查结果呈**阳性**，就代表已经感染了HIV。

What are the symptoms of HIV?

In the first few weeks after being infected with HIV, many people experience flu-like symptoms, such as:

- Fever
- Swollen lymph nodes (lymph glands)
- Swollen tonsils (tonsillitis)
- Sore throat
- Joint and muscle aches
- Diarrhoea
- Rash

These symptoms will then disappear quickly and infected people will not show any symptoms for some years.

How do people know if they have HIV?

Many people with HIV look and feel healthy. The only way for people to know if they have HIV is to have a **specific blood test for HIV**. You can have a HIV test at:

- a GP clinic
- a sexual health clinic
- at home: you can order free home test kits at www.rapid.org.au or purchase one at www.atomohivtest.com

If people have been infected in the last 2 weeks to 3 months, the blood test may not be able to tell whether they have the infection or not, and they will need to have a second test. This period of time is called the **window period**. While waiting for the result, they should **always** use protection (such as condoms) during sex and avoid blood contact. People will get a much better health outcome if they are tested and treated early. If a person's test result is **positive**, it means this person has HIV.



前来澳洲的人士是否在入境前接受过HIV检查？

人们往往认为他们在入境澳洲之前已接受HIV检查，但其实有很多人无需接受HIV检查。只有以下群体的人士必须接受检查：

永久及临时转永久签证申请人：

- 15 岁或以上
- 等待收养的儿童，或正在接受澳洲州政府或领地政府福利机构照顾的儿童

临时居留签证申请人：

- 有意任职医生、牙医、护士或救护员，或有意就读有关科目

请浏览以下网址，获取最新的详细资讯：

<https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

假如未接受过检查，或有曾暴露过的风险，参考第36页中“如何会感染HIV？”，就应考虑接受HIV检查。

HIV对人体健康有何影响？

感染了HIV的人许多年都有可能不显示任何症状。但是如不接受治疗，HIV便会在这期间逐渐破坏免疫系统(人体内对抗感染的防卫系统)，并于后期恶化成为艾滋病，使感染者很容易出现严重的感染及患其他疾病，而这些感染和疾病一般人不会得。这些与艾滋病有关的感染和疾病可能会导致死亡。

HIV可以医治吗？

可以。HIV治疗称为抗逆转录病毒治疗(ART)，可有效控制HIV及预防艾滋病。确诊患有HIV的人士应尽快开始接受HIV治疗。目前，感染者需终身每日服用治疗药物。只有专科医生和接受过HIV培训的家庭医生及方可提供HIV治疗。您可浏览以下网址，查询接受过HIV培训的家庭医生名单：

<https://ashm.org.au/>

HIV感染者只要按照医嘱服药，便可拥有正常生活。及早接受检查和治疗，对有效治疗HIV感染至关重要。

Are people tested for HIV before they come to Australia?

People often think that they were tested for HIV before they came to Australia but many people are not required to be tested for HIV. Only the following groups are required to get tested:

Permanent and provisional visa applicants who:

- are aged 15 or over
- are a child for adoption or a child in the care of an Australian state or territory government welfare authority

Temporary visa applicants who:

- intend to work as (or study to be) a doctor, dentist, nurse or paramedic.

Please find detailed information at <https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

People should consider having an HIV test if they have not been tested already, or if they may have been exposed to risks previously listed under “How do people get HIV?” on page 37.

How does HIV affect people?

People with HIV may look and feel healthy for many years after they have been infected. However, **without treatment**, HIV can slowly destroy the immune system (the body’s defence system) over the years and later will progress to AIDS, making it easier to get serious infections and other diseases that healthy people might not normally get. People **might** die from these AIDS-related infections and diseases.

Is there treatment for HIV?

Yes, HIV treatment called Antiretroviral Therapy (ART) can effectively control HIV and prevent AIDS. People diagnosed with HIV should start HIV treatment as soon as possible. Currently, people need to continue taking medication every day for life. Only GPs with HIV training and specialists can provide the HIV treatment. You can find a GP with training in HIV at <http://www.ashm.org.au>

People with HIV can have a normal life if they take HIV medications as required. Early testing and treatment are important to make treatments most effective.

在有效的治疗之下，人体内的HIV指数可减少至十分低的水平，且无法在血液检测到病毒，这种情况称为「检测不到」。但是，这并不代表感染者已经痊愈。

如果检测不到HIV，病毒就无法经由性接触传染给其他人(检测不到=不会传播；又称为 U=U)。因此，HIV治疗可有效阻断经性接触而传播HIV的途径(又称为治疗等于防疫(Treatment as Prevention)，简称 TasP)。

感染者必须持续接受治疗，才能使HIV保持在无法检测到的状态。

怎样预防HIV？

HIV没有疫苗。因此，必须时刻采取以下措施，保护自己及他人免受感染：

- **使用安全套**：到目前为止，安全套仍然是最佳保护方式来预防经性接触传播的HIV，性病及怀孕。
- **避免血液接触**：详情请参阅第32页。
- **服用预防HIV的药物**
 - **暴露前预防性药物(PrEP)**：这种HIV药物可保护未受感染者。PrEP并非疫苗，且只有在每日服用之下方可产生效用。一旦停止服用，就无法获得保护。所有家庭医生均可开具 PrEP药物处方。如未持有 Medicare 医疗卡，也可从家庭医生开具处方并于网上购买：
www.greencrosspharmacy.online。

服用 PrEP可能会出现某些副作用。不可服用他人的HIV药物来预防HIV感染。

- **暴露后预防性药物(PEP)**：这种药物用于还未受感染但有可能暴露了HIV的人。PEP药物应在暴露后的72小

With effective treatment, the amount of HIV in the body can be reduced to such a low level that it is unable to be found in a blood test, which is called '**undetectable**'. This does not mean that the person has been cured or is free of HIV.

A person with undetectable HIV cannot pass the HIV to other people through sex (Undetectable=Untransmittable or U=U). Thus, HIV treatment can prevent sexually transmitted HIV (also called **Treatment as Prevention** or TasP).

Treatment must be continued to keep HIV undetectable.

How can we prevent HIV?

There is **no** vaccine for HIV. Therefore it is very important to take the following measures to protect yourself and others:

- **Use condoms:** currently condoms are still the best protection to prevent sexually transmitted HIV, STIs and pregnancy.
- **Avoid direct blood contact:** please see details described previously on page 15.
- **Take HIV prevention medication:**
 - Pre-Exposure Prophylaxis (**PrEP**): is an HIV medicine that can protect uninfected people from getting HIV. As it is not a vaccine, PrEP only works when taken every day. If people stop taking it, they will not be protected. Any GP can prescribe PrEP. If people do not have a Medicare card, they can buy PrEP online at: www.greencrosspharmacy.online with a prescription from their GP.
 - There may be some side effects when taking PrEP. People cannot take another person's HIV medicine to protect them from getting HIV.

时内服用，越早越好，而且需连续服用4周。性健康诊所的医生、各大主要医院的急诊室，以及接受过HIV培训的家庭医生(如前文第40页所述)，均可开具PEP药物处方。

如果女性怀孕并感染了HIV怎么办？

HIV女性感染者可以生育一个无HIV的孩子(HIV阴性)。现时有多种方法，可以将婴儿感染HIV的风险减少至低于1%。感染HIV的女性如果有计划生孩子或刚刚怀孕，就应尽早寻求医生建议。

检测不到 = 不会传播

U = U



- Post-Exposure Prophylaxis (**PEP**): is for uninfected people who may have been exposed to HIV. PEP is HIV medicine that should be taken within **72 hours** after possible exposure, earlier is better, and needs to be taken for 4 weeks. Doctors at Sexual Health Clinics, Emergency Departments in major hospitals and GPs with HIV training (please refer to "Is treatment for HIV? on page 41") can prescribe PEP.

What will happen if a woman is pregnant and has HIV?

A woman with HIV can have an HIV free (or HIV negative) baby. There are many ways to greatly reduce the risk of a baby being infected with HIV to less than 1%. If a woman with HIV is planning to have a baby or has just become pregnant they should see a doctor to get advice.

Undetectable = Untransmittable

U = U

性病(STIs)

Sexually Transmissible Infections (STIs)

性病(STIs)

性病(英文简称为STIs)是可以经性接触传播的疾病，性接触包括**阴道性交**(阴茎插入阴道)、**肛交**(阴茎插入肛门)及**口交**(口部接触性器官/肛门)。

性病有很多种，分别由病毒、细菌及寄生虫而引起。

某些性病可导致严重的长期的健康问题，包括不孕不育(无法生育子女)。这种情况可影响男性及女性感染者，偶尔亦有可能导致死亡。**性病也可增加传播及感染HIV的风险**。因此，及早诊断和治疗性病非常重要。

澳洲常见的性病包括细菌感染(例如衣原体、淋病及梅毒)和病毒感染(例如生殖器疱疹及性病疣或称生殖器疣)。HIV和乙肝都可经由性接触传播，并已于本小册子的上文有所说明。

性病会有哪些症状？

大多数感染的人都不会出现任何症状。然而，某些人可能会出现以下一种或多种症状：

- 性器官(阴茎、睾丸、阴道或肛门)或周围的皮肤出现水泡、肿块、疼痛、皮疹或改变
- 睾丸痛(男性)



Sexually Transmissible Infections (STIs)

A **Sexually Transmissible Infection (STI)** is the name for a disease that can be passed from one person to another by sexual contact including **vaginal** sex (penis in vagina), **anal** sex (penis in anus) and **oral** sex (mouth to genitals/anus). There are many different STIs and they can be caused by either viruses, bacteria or parasites.

Some STIs can cause serious long-term health problems, including infertility (when a person cannot have a baby). **STIs can also increase the risk of transmitting and getting HIV.** Therefore, it is **very** important that STIs are diagnosed and treated early. The common STIs in Australia include bacterial infections such as chlamydia, gonorrhoea, and syphilis as well as viral infections such as genital herpes and genital warts. HIV and hepatitis B (viral infections) can be transmitted by sexual contact and they have been discussed separately in this booklet.

What are the symptoms of STIs?

Most people who have an STI do not have any symptoms. However, some people may experience one or more of the following:

- Blisters, lumps, sores, a rash or a change in the skin on and around the genitals (penis, testicles, vagina or anus)

- 下腹疼痛、性交期间或于性交之后疼痛，或者在两次月经之间出血(女性)
- 阴茎、阴道或肛门有异常的分泌物或出血
- 排尿疼痛或困难

怎样知道自己是否有性病？

很多性病都不会有症状。因此所有有过性生活的人士都应接受性健康检查，因为这是得知自己是否感染的唯一方法。

任何人如符合以下情况，就应考虑做性健康检查：

- 认为自己有性病
- 有在未使用安全套的情况下性交，或者在性交期间安全套破裂或脱落
- 自己或性伴侣曾经有过其他性伴侣
- 开始或结束一段性关系
- 曾遭到性侵犯

前来澳洲的人士是否在入境前接受过性病检查？

除以下人士需接受梅毒检查外，大多数人士入境澳洲之前，均无需接受性病检查：

- 15岁或以上，申请就地庇护类别签证
- 15岁或以上，申请难民类别签证

有性病的人可以怎样保护他人免受感染？

正在接受性病治疗的人，应避免在治疗期间有性行为，否则仍有可能传染给性伴侣。如果感染者过往及现在有性伴侣，就应如实告诉医生或护士。假如性伴侣亦受到感染，他们会感到不适、感染他人，或者再度感染目前的性伴侣。

- Pain in the testicles (males)
- Lower belly pain, pain during or just after sex, or bleeding between periods (females)
- Unusual discharge or bleeding from the penis, vagina, or anus
- Pain or difficulty passing urine

How do people know if they have an STI?

Many STIs have no symptoms. All people who are sexually active should have a sexual health check as it is the only way to know if there is an infection.

People should have a sexual health check if they:

- think they may have an STI
- had sex without a condom, or the condom broke or fell off
- they or their partner have had more than one sexual partner
- start or finish a sexual relationship
- have been sexually assaulted

Are people tested for STIs before they come to Australia?

Most people are not required to be tested for STIs before coming to Australia. However, some people need to test for syphilis if they:

- are aged 15 or over and applying for an onshore protection type visa
- are aged 15 or over and applying for a refugee type visa

How can people with an STI protect others?

People who are being treated for an STI should avoid having sex during treatment as the infection may be transmitted to their sexual partner(s). People with an STI should talk to their doctor or nurse about **contacting** any past or current sexual partner(s). If sexual partner(s) are also infected, they may get sick, pass the infection on to other people, or re-infect their current sexual partner.



怎样预防性病？

- **使用安全套。**安全套是防止性病的最佳方式，同时也可预防HIV及怀孕。大家应坚持并正确使用安全套：
 - 选用合适大小(宽度)的安全套——小(45–51 毫米)、普通(52–56 毫米)或大(56–60 毫米)。ECCQ可免费提供安全套样本套装。如欲索取样本，请浏览 www.eccq.com.au/bbv-chinese 或传送电邮至 health@eccq.com.au
 - 安全套应存放在阴凉干爽之处，以免因受热而导致受损
 - 使用安全套前，应检查安全套的有效期
 - 水溶性润滑剂与安全套配合使用，防止安全套破裂
 - 切勿同时使用两个或以上安全套
 - 切勿重复用同一个安全套

安全套及水溶性润滑剂均在超级市场、药房和便利店有售。

- **减少性伴侣的数目。**
- **进行性健康检查：**包括前往其他国家旅行期间有性行为
- 在结束或开始一段新的性关系，或者当发生不安全性行为的时候，**进行性健康检查。**
- **避免**与性器官上有水泡、皮疹或疼痛的人发生性行为，并建议他们接受性健康检查。但请谨记，大多数感染有性病的人都不会出现任何症状。
- **适量饮酒。**饮酒或服药后，可能会令当事人难以作出安全性行为的明智决定。安全饮酒的信息请参阅网站 <https://www.health.gov.au/health-topics/alcohol/about-alcohol/how-much-alcohol-is-safe-to-drink>
- 性行为结束后，**切勿用清水或抗菌剂清洗阴道(也称灌洗)**。灌洗阴道并不能防止性病，事实上反而会更易受到感染。某些用于阴道感染的传统治疗方法，也可能会令当事人更易感染性病。
- 目前有预防性病疣(生殖器疣)的**疫苗(HPV疫苗)**，但未有用于其他性病的疫苗。

How we prevent STIs?

- **Use condoms.** Condoms are the best protection against STIs, and can also prevent HIV and pregnancy. People should use condoms correctly and consistently:
 - Choose and use the right size (width) condom – small (45mm-51mm), regular (52mm -56mm) or large (56mm-60mm). ECCQ has a sample pack of condoms available for free. To order please go to www.eccq.com.au/bbv or email health@eccq.com.au
 - Condoms need to be kept in a cool place because they can be damaged by heat
 - Check the expiry date before using a condom
 - Use water based lubricant with condoms to prevent condoms from breaking
 - Do not use two or more condoms at the same time
 - Do not re-use condoms

Condoms and water-based lubricant can be bought from supermarkets, chemists, petrol stations and convenience stores.

- **Reducing the number of sexual partners.**
- **Having a sexual health check** if you have had sex while travelling in another country.
- **Having a sexual health check** if you have finished a relationship, before you start a new one or whenever you have had unsafe sex.
- **Avoid having sex** with a person if they have a lump, rash or sore on their genitals. Suggest that they have a sexual health check. But remember, most people with an STI will not show any symptoms.
- **Drink safely.** Drinking alcohol or taking drugs can make it difficult to make good decisions about having safe sex. Please find details at <https://www.health.gov.au/health-topics/alcohol/about-alcohol/how-much-alcohol-is-safe-to-drink>
- **Do not wash out vagina** with water or antiseptic solution after sex (this is called douching). Washing out the vagina does not protect against STIs, and instead, it can make it easier to be infected. Some traditional remedies used for vaginal infections can also make it easier to get an STI.
- There is a **vaccine** available for genital warts (HPV vaccine, and hepatitis B vaccine), but not for other STIs.

人类乳头瘤病毒(HPV)疫苗

HPV的类型有100多种。某些类型的HPV会导致性病(生殖器疣)，而某些类型则可导致**子宫颈癌、肛门癌、外阴癌、阴道癌、阴茎癌及咽癌**。现有的HPV疫苗安全有效，可预防最常见HPV类型引起的癌症及性病(生殖器疣)。

年龄为14岁或以下的儿童需接受两次HPV疫苗注射，两次注射之间相隔6-12个月。在澳洲，作为全国HPV疫苗接种计划的一部分，12-13岁的男女儿童可于校内**免费**接种HPV疫苗。15岁或以上则需要接受三次疫苗注射，分别在第0个月、2个月和6个月。人们在有性生活之前接种HPV疫苗预防效果最佳

然而，HPV疫苗并无法预防所有类型的HPV。年龄属于25至74岁的所有女士，无论是否接种过HPV疫苗，都应每5年接受一次**子宫颈筛查**。子宫颈筛查用于检查有否感染上HPV。

孕妇如感染上性病会怎样？

在澳洲，孕妇会在开始怀孕之后接受梅毒、HIV、乙肝及丙肝常规检查；如果有高感染的风险，可能会在怀孕期间接受多次检查。这是因为性病比如梅毒对婴儿非常危险。积极治疗以及谨慎制订生育计划，可减低婴儿受到感染的风险。

Human Papilloma Virus (HPV) vaccine

There are more than 100 different types of HPV. Some types of HPV cause genital warts and some can cause **cancers of the cervix, anus, vulva, vagina, penis and throat**. The HPV vaccine is very safe and effective and can protect against the most common types of HPV related cancers and genital warts. For those aged 14 and under, the vaccine is given as two injections 6 to 12 months apart. In Australia, girls and boys aged 12-13 can receive the **free** HPV vaccine in school, as part of the National HPV Vaccination Program. People aged 15 or older will need 3 injections at 0, 2 and 6 month intervals. **The HPV vaccine is most effective if given before people become sexually active.**

However, the HPV vaccine does not protect against all HPV types. **All women between the ages of 25 and 74 years should have a Cervical Screening Test every 5 years.** The Cervical Screening Test looks for HPV.

What will happen if a pregnant woman has an STI?

In Australia, pregnant women are routinely tested for syphilis, HIV, hepatitis B and C at the start of their pregnancy and sometimes more than once during the pregnancy if they are at high risk. This is because STIs such as syphilis can be very dangerous for babies. Treatment and careful planning for the birth can reduce the risk of the baby being infected.

澳洲常见的性病——摘要表

| 常见性病名称 | 传播途径 | 检查 | 治疗 | 预防 | 不检查及治疗的后果 |
|-----------------------------|---|--|---|--|--|
| 衣原体感染 | <ul style="list-style-type: none"> • 性行为 • 分娩过程中母婴感染 | <ul style="list-style-type: none"> • 尿检 • 感染区域拭子检测 | <ul style="list-style-type: none"> • 由细菌引起，可以用对症的抗生素治疗 • 可反复感染 | <p>使用安全套 无疫苗</p> | <ul style="list-style-type: none"> • 可致男女不孕不育 • 盆腔炎和异位妊娠 |
| 淋病 | <ul style="list-style-type: none"> • 性行为 • 分娩过程中母婴感染 | <ul style="list-style-type: none"> • 尿检 • 感染区域拭子检测 | <ul style="list-style-type: none"> • 由细菌引起，可以用对症的抗生素治疗 • 可反复感染 • 容易耐药 | <p>使用安全套 无疫苗</p> | <ul style="list-style-type: none"> • 可致男女不孕不育 • 盆腔炎和异位妊娠 |
| 梅毒 | <ul style="list-style-type: none"> • 直接接触病变部位 • 怀孕及分娩过程母婴感染 • 血液传染，(但少见) | <ul style="list-style-type: none"> • 血液检查 • 病变部位拭子检查 | <ul style="list-style-type: none"> • 由细菌引起，但可以用对症的抗生素治疗 • 可反复感染 | <p>使用安全套 避免血液接触 无疫苗</p> | <ul style="list-style-type: none"> • 损伤重要脏器比如脑和心脏 • 流产，胎儿死亡或畸形 |
| 生殖器疱疹(无痛，生殖器周围表皮肿块) | <ul style="list-style-type: none"> • 亲密的身体接触(通常指性接触) • 分娩过程中母婴感染(几率低) | <ul style="list-style-type: none"> • 破溃疱疹部位的拭子检查 | <ul style="list-style-type: none"> • 由病毒引起，不能治愈 • 可通过注射针剂，口服药或涂抹药膏治疗(症状消失后仍需用药) | <p>使用安全套 (如感染部位未能被覆盖住则仍不能预防) 无疫苗</p> | <p>疱疹疼痛，会传染到身体的其它部位</p> |
| 生殖器疣/尖锐湿疣/性病疣 (俗称菜花或椰菜花) | <ul style="list-style-type: none"> • 亲密的身体接触(通常指性接触) • 分娩过程中母婴感染(少见) | <ul style="list-style-type: none"> • 身体检查 | <ul style="list-style-type: none"> • 由病毒引起，不能治愈 • 可以通过冷冻，切除，镭射去除疣，也可涂抹药膏。 | <p>接种疫苗</p> | <ul style="list-style-type: none"> • 皮表的突起会变大，疼痛，非常痒 • 可导致宫颈，阴茎，肛门或咽喉癌(取决感染部位) |

Common STIs in Australia – Summary

| STI name | Transmission | Test | Treatment | Prevention | Consequences without testing and treatment |
|--|---|--|---|---|--|
| Chlamydia | <ul style="list-style-type: none"> sexual contact mother to baby during birth | <ul style="list-style-type: none"> urine tests swab taken from affected area | <ul style="list-style-type: none"> caused by bacteria, therefore, can be cured with the correct antibiotic treatment can be reinfected after cure | <p>use condoms</p> <p>no vaccine</p> | <ul style="list-style-type: none"> infertility (difficulty having baby) in both men and women pelvic inflammatory disease (PID) and ectopic pregnancies (baby starts to develop in wrong place) in women |
| Gonorrhoea | <ul style="list-style-type: none"> sexual contact mother to baby during birth | <ul style="list-style-type: none"> urine tests swab taken from affected area | <ul style="list-style-type: none"> caused by bacteria, therefore, can be cured with the correct antibiotic treatment can be reinfected after cure increased drug resistance problem | <p>use condoms</p> <p>no vaccine</p> | <ul style="list-style-type: none"> infertility (difficulty having a baby) in men and women pelvic inflammatory disease (PID) and ectopic pregnancies (baby starts to develop in wrong place) in women |
| Syphilis | <ul style="list-style-type: none"> direct contact with sores/lesions during any sexual contact mother to baby during pregnancy and/or birth blood but rare | <ul style="list-style-type: none"> blood test swab taken from sore/lesion | <ul style="list-style-type: none"> caused by bacteria, therefore, can be cured with the correct antibiotic can be reinfected after cure | <p>use condoms</p> <p>avoid blood</p> <p>no vaccine</p> | <ul style="list-style-type: none"> damage to vital organs, such as the brain or heart miscarriage, foetal death or serious problems for babies |
| Genital Herpes (small sores on the skin) | <ul style="list-style-type: none"> close body contact (usually through sexual contact) mother to baby during birth - very low | <ul style="list-style-type: none"> swab taken from open sore | <ul style="list-style-type: none"> caused by viruses and cannot be cured treatments such as injection, oral medication, or applying cream onto affected area can help with symptoms (the full course of treatment must be finished even after symptoms disappear) | <p>use condoms</p> <p>(may not prevent transmission if affected areas are not covered)</p> <p>no vaccine</p> | <ul style="list-style-type: none"> painful sores can spread to other parts of the body |
| Genital Warts (painless, raised bumps on skin around genitals) | <ul style="list-style-type: none"> close body contact (usually through sexual contact) mother to baby during birth - rare | <ul style="list-style-type: none"> physical examination | <ul style="list-style-type: none"> caused by viruses and cannot be cured warts can be removed by freezing, cutting or laser (burning), or by applying a cream | <p>vaccine is available (HPV vaccine)</p> | <ul style="list-style-type: none"> lumps can become big and uncomfortable, painful or very itchy cancer of cervix, penis, anus or throat (depending on site of infection) |

常见问题解答

Frequently asked questions

什么是病毒和细菌？

病毒和细菌是十分细小的微生物，可导致人体出现传染病。有很多种不同病毒和细菌，可导致各种不同疾病。病毒和细菌无法用肉眼看到，但可以经由不同方式在人与人之间传播，例如血液、体液、食物、饮料、尿液，空气等等。

抗原及抗体是什么？

抗原是病毒或细菌的一部分，而抗体则是由人体的免疫系统产生，用于抵抗和破坏特定病毒或细菌的侵袭。抗原及抗体都会存在于血液之中，因此血液检查可找出某种病毒或细菌的抗原或抗体，从而找出某人是否患有某种疾病，或者在过往曾患有哪些疾病。

疫苗、治疗和治愈有什么分别？

疫苗可以预防疾病，用于未曾受到感染的人。如果已受感染，可接受**治疗**来控制病情，以防止疾病恶化。有时候，接受治疗可以**治愈**疾病/感染。治愈是指治疗后彻底痊愈。然而，有些传染病在治愈之后仍有被再次感染的可能。

What are viruses and bacteria?

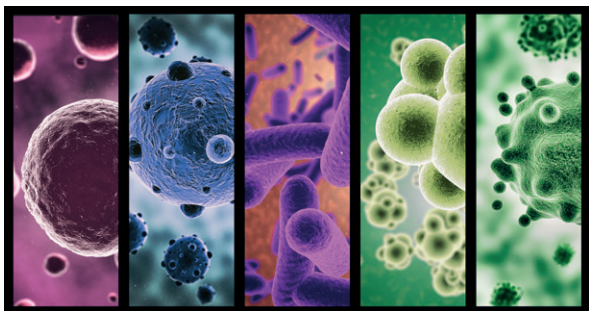
Viruses and bacteria are very small germs that can cause infectious diseases. There are many different viruses and bacteria that can cause different diseases. They cannot be seen with the naked eye but they can be passed between people through different ways such as blood, body fluids, food, drinks, urine, air and so on.

What are antigens and antibodies?

Antigens are parts of viruses or bacteria. Antibodies are produced by the body's immune system to fight against viruses or bacteria by specifically targeting the antigen and blocking/destroying it. Antigens and antibodies exist in the blood, therefore, a blood test can identify if a person has a certain disease, or has had the disease in the past by looking for the antigen/antibody for that particular virus or bacteria.

What is the difference between a vaccine, treatment and cure?

A vaccine is a product that can prevent people from getting a disease. It is for people who have never been infected. When people already have a disease, **treatment** can control the disease so it does not get worse. Treatment can sometimes cure a disease/infection. **A cure** means the person does not have the disease anymore after finishing treatment. However, people who are cured of some infections can still be reinfected.



什么是性健康检查？

性健康检查是跟医生讨论您的性健康，并可能进行性病检查，或者HIV或肝炎等其他病毒的检查。在昆士兰，您可经家庭医生、性健康诊所或“真正两性关系及生育健康(True Relationships and Reproductive Health)”等机构接受性健康检查。

如果您没有任何症状，而仅仅希望接受检查，家庭医生会是一个好的选择，只要您在与对方讨论性健康时感到安心自在即可。如果您有更复杂的性健康疑虑，或希望咨询更专业的人士，则性健康诊所或True等机构可能更适合您的需要。您应首先致电预约就诊事宜。如欲查询昆士兰境内的性健康诊所名单，请浏览以下网站：www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health。

性健康检查会涉及什么？

在性健康检查时，您可能需要回答目前及过往的性生活，包括性伴侣的数目和性别、性行为的类型及任何过往疾病等等。某些问题可能会令您尴尬或难以启齿，但是如实回答非常重要。这样可让医生进行适当检查，并作出正确诊断。就诊人士不应该因为感染或有症状感到羞愧、试图掩饰或编造谎言。在您的同意下，医生可能会进行身体检查，并采集血液、尿液或分泌物样本，以检查有否感染了常见的性传染病、HIV及肝炎。就诊可要求选择男性或女性医生或护士。医生和护士将会为您保密。

What is a sexual health check?

A **sexual health check** is an appointment with a health provider to talk about your sexual health and possibly to do testing for STIs or other viruses like HIV or hepatitis. In Queensland, you can get a sexual health check from your GP, or at a sexual health clinic, or through family planning services such as True Relationships and Reproductive Health. If you do not have any symptoms and you are just wanting a check-up, a GP is a good choice if you feel comfortable talking about your sexual health with the GP. If you have more complex sexual health concerns, or want to see someone who is more specialised, then a sexual health clinic or a place like *True* might be better for you. You should call and make an appointment first. For a list of sexual health clinics in Queensland, please see the following website: <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/services>

What does a sexual health check involve?

A sexual health check may involve answering questions about current and previous sexual activity, including the number and gender of sexual partner(s), the type of sex and any past illnesses. Some questions can be embarrassing or difficult to answer but it is important to tell the truth. This information helps the doctor to do the right tests and make the right diagnosis. People should not feel ashamed, try to hide, or lie about having an infection or symptoms.

With your permission, the doctor may do a physical examination and take samples of blood, urine or discharge to test for common STIs, HIV, and hepatitis. People can ask to see a male or female doctor or nurse. Doctors and nurses will keep your information confidential.



人们是否会同时感染多种疾病？

会。若同时有超过一种感染，就称为“合并感染”。例如，某些人可能会同时感染了乙肝及HIV、或同时感染了乙肝及丙肝，或同时感染了丙肝及梅毒等。

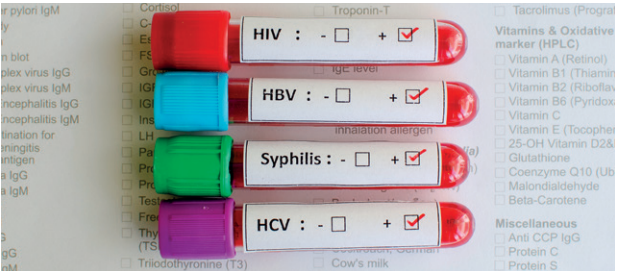


如果不懂英语该怎么办？

如果在表达或理解英文方面有困难，就应要求就医处提供**免费**合格的翻译员。求诊者需在预约时提出要求翻译员，并说明所需的语言及方言。这样有助医生预约合适的翻译员。此外，求诊者亦可要求选用男性或女性翻译员。翻译员不应向任何其他人士披露求诊人的任何个人资料。家庭成员不应做翻译。

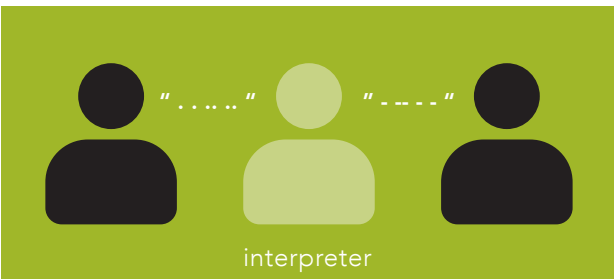
Can people have more than one infection at a time?

Yes. People who are infected with more than one infection at one time have a **“co-infection”**. For example, people may have hepatitis B and HIV at the same time or hepatitis B and hepatitis C or hepatitis C and syphilis etc.



What if people do not speak English?

People who have difficulty speaking or understanding English can ask for and should be provided with a **free** qualified interpreter when they see a doctor or nurse. When making an appointment people can ask for an interpreter to be booked. They should advise the required language or dialect and if they need a male or female interpreter. Interpreters are not allowed to share personal information about the person to other people. Family members should not be used as interpreters.



前往海外是否会感染上肝炎、HIV及性病？

会。肝炎、HIV及性病在很多国家都十分普遍。前往海外旅行期间，我们都应采取适当措施，以保护自己免受感染。人们应该：

- 随身携带安全套，并在有性行为时使用
- 避免接触到血液
- 切勿共用刮胡刀及牙刷等梳洗用品
- 饮用煮沸过的水或瓶装水，以及小心注意他人自己制备食品的方式
- 如需接受医治，牙科治疗或美容手术，或进行纹身或身体穿孔等，就应确保使用全新或已消毒灭菌的设备
- 如果还没有抗体免疫，考虑接种甲肝和乙肝疫苗。

感染者是否必须告知他人自己有肝炎、HIV及/或性病？

在昆士兰，感染者并非必须告知他人自己已有上述感染，只有某些少数情况之下除外(如需更多资讯，请浏览 www.halc.org.au)。若有人知道自己从哪些人那里感染了肝炎、HIV或性病，这些人也需要知道并接受检查。如果难以启齿或无法告知自己之前有性接触过的人，可由医生或护士提供协助，他们不会提供受感染人士的任何资料。此一过程称为**接触者追踪**。追踪接触者有助遏止感染传播，并确保所有受感染的人士都可获得治疗。性健康诊所的职员受过有关培训，可提供有效且保密的服务

感染者必须特别小心谨慎，采用适当的保护措施，并且小心避免他人接触到自己的血液，以免将肝炎、HIV或性病传染给他人。

Can people get hepatitis, HIV and STIs when they travel to their home country?

Yes. Hepatitis, HIV and STIs are common in many countries. People should take precautions to protect themselves from infection whilst traveling overseas. People should:

- take condoms and use them for sexual activities
- avoid practices involving blood
- never share grooming products such as razors or toothbrushes
- drink boiled or bottled water and be careful about how food is prepared before eating
- ensure sterile equipment is used if having medical, dental or cosmetic procedures, tattoos, piercings and so on
- Consider getting the hepatitis A and/or hepatitis B vaccine if you do not have immunity

Do people have to tell others that they have hepatitis, HIV and/or STIs?

In Queensland, people do not have to tell other people if they have any of these infections, except in a few circumstances (www.halc.org.au). If there is a possibility that a person has become infected with hepatitis, HIV or an STI from another person, this person needs to know and to be tested. If it is difficult or not possible for a person to tell their past contacts, a doctor or nurse can help them, and they will not give any information about the person. This process is called **contact tracing**. Contact tracing helps to stop the spread of infections and ensures that all people who have an infection can get treatment. The staff at Sexual Health Clinics are trained to provide a helpful and confidential service.

People need to take special care not to pass on hepatitis, HIV, or STIs to other people, by using appropriate protection and being careful not to let anyone come into contact with their blood.

澳洲是否公平对待有肝炎、HIV及性传染病的人？

在澳洲，任何人士以不公平的方式对待有肝炎、HIV、性病或任何其他病症的人士，即属违法。受感染的人士可向多个组织获取支援。受感染人士接受服务的质量和拥有的机会，应与任何其他人士相同。即使有肝炎、HIV和性病，感染者的就业、教育、澳洲福利署(Centrelink)福利金和目前的签证状态也不应受到影响。任何人士如遭到歧视，应联络昆士兰人权委员会(Queensland Human Rights Commission)，网址为：

www.qhrc.qld.gov.au

更多资讯

昆士兰民族社区委员会 (ECCQ)

网站: www.eccq.com.au/bbv-chinese

电话: (07) 3844 6877/0479 130 997

电邮: chinese@eccq.com.au

微信/Line:



欢迎扫描观看我们的科普视频：

肝炎



性健康



昆士兰卫生部 (Queensland Health)

网站: www.health.qld.gov.au/sexhealth

Does Australia treat people with hepatitis, HIV, and STIs fairly?

In Australia, it is against the law to treat people unfairly because they have hepatitis, HIV, an STI, or any other medical condition. People who have an infection can receive support from various organisations.

People who have these infections should get the same quality of services and the same opportunities as everyone else. Having hepatitis, HIV, or STIs should not influence their employment, education, Centrelink payments or current visa status. People who experience discrimination should contact the Anti-Discrimination Commission Queensland at www.qhrc.qld.gov.au

Further Information

Ethnic Communities Council of Queensland (ECCQ)

Website: www.eccq.com.au/bbv

Phone: 07 3844 9166

Email: health@eccq.com.au

Queensland Health

Website: www.health.qld.gov.au/sexhealth

Welcome to scan and watch our videos:





本资料由昆士兰卫生部资助的ECCQ血液传染病和性病项目组制作，并于2022年翻译出版。





eccq
Ethnic Communities
Council of Queensland