



讓我們來了解。。。

Let's Talk About It...

© 昆士蘭民族社區委員會 (ECCQ)

本資料由昆士蘭衛生署(Queensland Health)資助的ECCQ肝炎，愛滋病及性病項目組製作。2022年翻譯出版發行。

© Ethnic Communities Council of Queensland (ECCQ)

This resource was produced by ECCQ's Hepatitis, HIV and STI Program with funding from Queensland Health. Translated 2022.

鳴謝

ECCQ 衷心感謝參與制訂本資料的所有人士。特別感謝雅麗珊郡主醫院 (Princess Alexandra Hospital)和洛根醫院 (Logan Hospital) 的 David Siebert 醫生審閱本資料。

Acknowledgements

ECCQ thanks all the people who were involved in the development of this booklet. Special thanks to Dr David Siebert of Princess Alexandra Hospital and Logan Hospital for reviewing this resource.

目錄

第 1 部份：肝炎	4
第 2 部份：人類免疫缺乏病毒(HIV)	34
第 3 部份：性傳染病	46
第 4 部份：常見問題解答.....	56

Contents

Part 1: Hepatitis	5
Part 2: HIV	35
Part 3: Sexually Transmissible Infections (STIs)	47
Part 4: Frequently asked questions	57

讓我們來了解。。

肝炎、人類免疫缺乏病毒(HIV)感染及性病(性傳染病)都是在許多國家存在的健康問題，也包括澳洲。在海外出生、旅遊或居住過的人士感染上述某些疾病的風險可能會較高。很多感染者可能沒有任何症狀，因此不知道已受到感染。本手冊提供有關上述疾病的資訊，以及早檢查早治療的重要性。

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

甚麼是肝炎？

肝炎是指肝臟發炎(腫脹)，這是一種十分常見的肝臟疾病。肝臟是人體內體積最大的器官，具有多種功能。例如，清除血液內的毒素和化學物質、儲存維他命、幫助消化，以及將食物轉化成營養成分。可能引起肝炎的原因有：

- 病毒
- 攝取過量酒精
- 某些藥物/化學物
- 其他疾病和健康問題，例如脂肪肝

由病毒感染而引起的肝炎稱為病毒性肝炎。這是最普遍、可以在人與人之間傳播的肝炎類型。病毒性肝炎主要有5種：**A(甲)型肝炎(簡稱A(甲)肝)**、**B(乙)型肝炎(簡稱B(乙)肝)**、**C(丙)型肝炎(簡稱C(丙)肝)**、**D(丁)型肝炎(簡稱D(丁)肝)**及**E(戊)型肝炎(簡稱E(戊)肝)**，前3種是最常見的類型。不同的肝炎由不同的病毒引起，而且傳染的途徑，檢查、治療和預防方法亦各異。本手冊提供最常見的三種病毒性肝炎的詳細資訊。

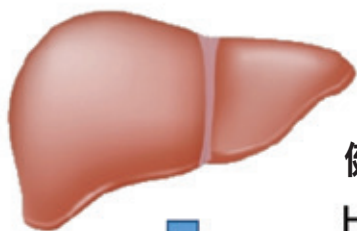
Hepatitis

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.



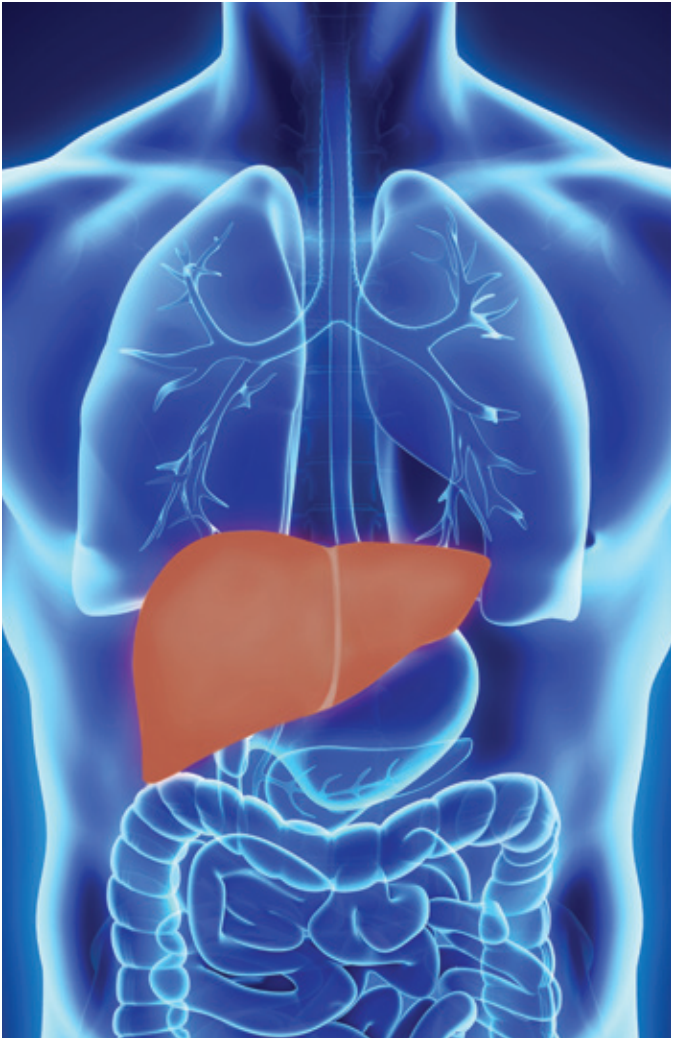
健康肝臟
Healthy liver



肝硬化
Liver cirrhosis



肝癌
Liver cancer



常見病毒性肝炎類型的比較

	A(甲)肝 (HAV)	B(乙)肝 (HBV)	C(丙)肝 (HCV)
病因	A(甲)肝病毒	B(乙)肝病毒	C(丙)肝病毒
傳染途徑	糞口途徑	<ul style="list-style-type: none"> • 母子垂直感染 (周產期感染) • 血液接觸 • 性接觸 	<ul style="list-style-type: none"> • 血液接觸 • 母子垂直感染 – 機率很低
急性感染 (<6 個月)	有	有	有
慢性感染 (>6 個月)	無	有	有
轉為慢性感染的機率	無	<ul style="list-style-type: none"> • 嬰兒期感染：80–90% • 兒童期染：30% • 成人感染：<5% 	任何年齡段感染均為75%
在不干預情況下發展成肝硬化、肝癌的機率	無	25% 的慢性感染者	20–30% 的慢性感染者
診斷	A(甲)肝血液檢查	B(乙)肝血液檢查	C(丙)肝血液檢查
藥物	無	有 – 只有部份病人需要治療，且需要終身服藥	有 – 所有病人需要治療，只需服用8–12週
治癒	自癒	不能治癒	可以 – 超過95% 治癒率
定期檢查	不需要	需要 – 包括無需治療或正在治療的所有慢性感染者	需要 – 沒有治療或有肝硬化者
預防	疫苗	疫苗	無疫苗 避免血液接觸
再次感染	不會	不會	會
母乳餵養	可以	可以	可以 – 除治療期間

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

A(甲)肝

A(甲)肝由A(甲)肝病毒(HAV)引起。這種肝炎在澳洲並不常見，但在很多國家十分普遍。A(甲)肝只屬於短期感染，不會導致長期的肝臟損害。如曾經感染過A(甲)肝，便會獲得終身免疫(受到保護)，而不會再次感染。

人們如何會感染上A(甲)肝？

A(甲)肝病毒存在於糞便中。受感染者的糞便如污染到**食物和水**，病毒便會由這些食物和水傳播。有些國家和地區的食物和飲用水較不安全，容易被病菌和病毒比如A(甲)肝病毒等污染。另外已感染者如果衛生意識較差，例如如廁後不洗手，便有可能污染所準備的食物或飲料。有時在澳洲可能會因食用受污染的海外食品，或者與剛從海外回來感染了A(甲)肝人有密切接觸，從而感染A(甲)肝。

A(甲)肝會有哪些症狀？

A(甲)肝感染者通常都不會有任何症狀，尤其是兒童，但仍會有一部份人感染後出現病癥，例如：

- 發燒
- 疲勞
- 食慾不振(沒有肚餓感覺)
- 噁心(有作嘔感覺)
- 嘔吐
- 腹痛
- 尿液呈深色
- 大便呈灰色
- 關節痛
- 黃疸(皮膚及眼睛發黃)

怎樣知道自己是否有A(甲)肝？

要知道自己是否有A(甲)肝，唯一的方法是接受特定的**A(甲)肝血液檢查**。所有家庭醫生(GPs – 處理所有日常健康問題首先需要諮詢的醫生)均可開具檢查單。

前來澳洲的人士，是否在入境前接受過A(甲)肝檢查？

入境澳洲的人士無須在入境前接受A(甲)肝檢查。

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.

A(甲)肝對人體有何影響？

某些人在感染A(甲)肝之後，可能會感到不適。但這是短期的感染性疾病，不會對肝臟造成長期傷害，因A(甲)肝而導致死亡非常罕見。

A(甲)肝是否能夠醫治？

A(甲)肝並無特定的治療方法，僅需要針對症狀進行治療。大多數A(甲)肝感染者都需要：

- 充分休息
- 飲用充足水份
- 避免吸煙
- 避免飲酒

某些A(甲)肝感染者會感到十分不適，並可能需要就其症狀接受治療。



怎樣避免感染A(甲)肝？

注射A(甲)肝疫苗。接種疫苗是預防A(甲)肝的最佳方法。A(甲)肝疫苗共需注射2次。我們可在家庭醫生處注射疫苗，絕大多數人需自費。

如果一個人已接種過A(甲)肝疫苗，或者過去曾經感染過A(甲)肝，這些人通常已經產生免疫(保護)，無需再次接種。

保持良好衛生習慣可以降低感染的風險，包括每次如廁之後及準備食物之前洗手；在前往飲用水和食物不太安全的國家旅行時，飲用煮沸過的水或瓶裝水，以及進食煮熟的食物等等。

B(乙)肝

B(乙)肝由B(乙)肝病毒(HBV)引起。在B(乙)肝十分常見的地區(包括亞洲、太平洋島嶼、非洲、中東及南美洲部地區)出生的人士當中，這是一個主要的健康問題。很多入境澳洲的人士可能曾經在故鄉感染了B(乙)肝，但自己並不知道。

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B(乙)肝(短期感染):是指感染了B(乙)肝病毒，而感染持續少於6個月。B(乙)肝可以是急性感染或者是慢性感染。有些急性B(乙)肝感染者(多數為成年人)，可於6個月內自行清除病毒。這說明他們已經痊癒，而且不會再次感染B(乙)肝。這些人士亦無需接種B(乙)肝疫苗。

慢性B(乙)肝(長期感染):如果急性B(乙)肝感染者無法自行清除病毒，且感染持續超過6個月，便稱為慢性B(乙)肝。**慢性B(乙)肝感染者通常不會痊癒。**發展成慢性B(乙)肝的機會，視首次受病毒感染的年齡而定：大約有80–90% 嬰兒、30% 兒童及少於5% 成年人感染後會發展成慢性乙(B)肝。因此，**嬰兒及兒童如果曾受到感染，便有很大機會發展成慢性感染。**無論是急性還是慢性B(乙)肝，都可以傳染給他人。

人們如何會感染上B(乙)肝？

B(乙)肝可經以下途徑傳播：

- **母子垂直感染(周產期感染)。**感染了B(乙)肝的孕婦，可在分娩過程中將B(乙)肝病毒傳染給嬰兒。在很多國家，這是B(乙)肝最常見的傳播途徑。
- **血液傳播。**以各種途徑接觸受感染的血液，即使量很少，也可使人感染上B(乙)肝病毒。例如：
 - 使用未經滅菌的醫療或非醫療工具設備：滅菌是殺滅病菌的程序。在某些國家，針頭及針筒等醫療設備可能會在使用過後未能得到妥善滅菌。因此，假如再次使用相同工具設備，病毒和細菌便可能會傳播給其他人。澳洲的衛生政策嚴謹，而且採用的標準較高，因此醫療工具設備相對安全。
 - 共用可能沾有血液的個人護理用品，例如刮鬍刀及牙刷等。
 - 身體或耳朵穿孔，紋身和其他美容項目(如設備未經妥善滅菌)。
 - 涉及皮膚切割或穿刺的文化習俗及傳統儀式(如設備或工具未經妥善滅菌)。

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).

- 兒童之間及與成年人緊密接觸，一般經由瘡口、切口或傷口而傳播。
- 輸血或使用血液製品：在某些國家，血液和血液製品可能未有經過B(乙)肝病毒檢查。在澳洲，所有血液和血液製品均經過嚴格檢查，確保能安全使用。
- 共用注射毒品設備。
- **性行為傳播。** B(乙)肝也可經由性接觸而傳播。但是，成年人感染后發展成慢性感染的機會極低(少於 5%)。

以下行為並不會傳播B(乙)肝：

- 共享食物和飲料
- 共用碗筷杯碟等
- 握手
- 擁抱
- 接吻
- 咳嗽
- 打噴嚏
- 使用公共洗手間或泳池
- 哺乳
- 蚊蟲叮咬



- 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





B(乙)肝會引發哪些症狀？

在澳洲，將近30%的B(乙)肝感染者都不知道自己已被感染，因為大部份人都沒有任何症狀。有些人士可能會出現與A(甲)肝類似的症狀(請參閱第10頁)。

怎樣知道自己是否有B(乙)肝？

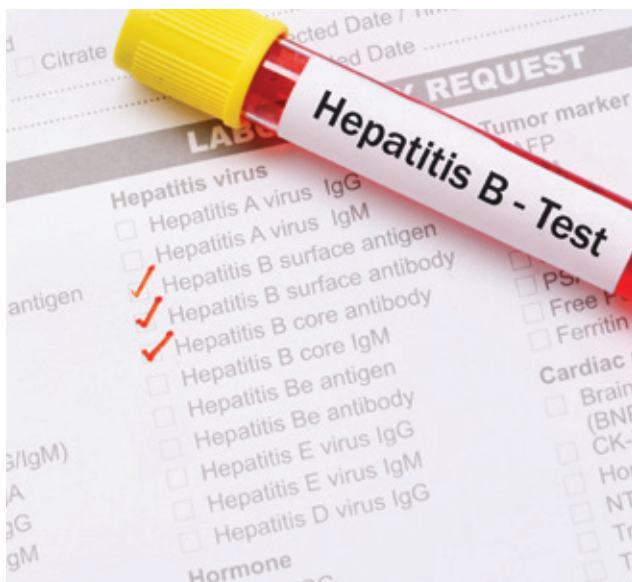
知道自己是否感染了B(乙)肝的唯一方法，是接受特定的**B(乙)肝血液檢查(與普通的血液檢查不同)**。所有家庭醫生均可開具檢查單，檢查包括**B(乙)肝表面抗原 (HBsAg)**、**B(乙)肝表面抗體 (HBsAb)**，以及**B(乙)肝核心抗體 (HBcAb)**。

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)**.



下表可幫助大眾瞭解檢查結果。

Do I have hepatitis B? 我有B(乙)肝嗎?	Test results 檢查結果		What is my status? 結果說明什麼?	What to do next? 接下來怎麼做?
No 沒有	HBsAg B(乙)肝表面 抗原	Negative (-) 陰性	Not protected 沒有抗體保護	Consider a hepatitis B vaccination to get protected 考慮接種B(乙)肝疫苗
	HBsAb B(乙)肝表面 抗體	Negative (-) (or <10 IU/L) 陰性		
	HBcAb B(乙)肝核心 抗體	Negative (-) 陰性		
	HBsAg B(乙)肝表面 抗原	Negative (-) 陰性	Protected because of hepatitis B vaccination (immune) 有抗體因為接種過B(乙)肝疫苗	Nothing 無
	HBsAb B(乙)肝表面 抗體	Positive (+) (or >10 IU/L) 陽性		
	HBcAb B(乙)肝核心 抗體	Negative (-) 陰性		
	HBsAb B(乙)肝表面 抗原	Negative (-) 陰性	Protected because of past hepatitis B infection (immune) 有抗體因為感染過B(乙)肝	Nothing 無
	HBsAb B(乙)肝表面 抗體	Positive (+) (or >10 IU/L) 陽性		
	HBcAb B(乙)肝核心 抗體	Positive (+) 陽性		
Yes 有	HBsAg B(乙)肝表面 抗原	Positive (+) 陽性	Hepatitis B 有B(乙)肝	Further tests. If chronic: -Life-long regular check-ups -Treatment if required 需做進一步檢查。如為慢性: -須終身定期檢查 -必要時需服藥
	HBsAb B(乙)肝表面 抗體	Negative (-) (or <10 IU/L) 陰性		
	HBcAb B(乙)肝核心 抗體	Positive (+) 陽性		

HBsAg是B(乙)肝表面抗原(也寫為 HepBsAg)。如檢測結果呈陽性(或檢測得到)，就說明您感染了B(乙)肝。

HBsAb是B(乙)肝表面抗體(也寫為 HepBsAb 或 anti-HBs)。如檢測結果呈陽性，就說明您已有免疫力，不會感染上B(乙)肝。

HBcAb是B(乙)肝核心(總)抗體(也寫為 HepBcAb或 anti-HBc)。如檢查結果呈陽性，就說明您過往曾感染過B(乙)肝，或者目前有B(乙)肝。如果您有B(乙)肝，您的家人，性伴侶或同住的人都需要做檢測。

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.

前來澳洲的人士是否在入境前需要接受過B(乙)肝檢測？

大多數人均無需接受B(乙)肝檢測。只有以下群體的人必須接受檢測：

永久及臨時轉永久簽證申請人：

- 15 歲或以上，並有意欲任職醫生、牙醫、護士或急救員，或有意就讀有關科目
- 15 歲或以上，並申請就地庇護類別簽證
- 已懷孕，並計劃在澳洲分娩
- 等待收養的兒童，或正在接受澳洲州政府或領地政府福利機構照顧的兒童

臨時簽證申請人：

- 有意任職醫生、牙醫、護士或急救員，或有意就讀有關科目
- 已懷孕，並計劃在澳洲分娩

您可瀏覽以下網址，獲取最新的詳細資訊：

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

如果入境人士並不在上述群體之列，就應考慮於入境澳洲之後接受B(乙)肝檢測。

B(乙)肝對人體有何影響？

大概每4名慢性B(乙)肝感染者之中，就有1人(25%)可能會發展成嚴重肝病，包括肝衰竭(肝臟停止運作)、肝硬化(肝臟結痂)或肝癌。但只要定期接受檢查，以及在有需要時接受治療，就可極大防止出現上述情況。

B(乙)肝是否可以醫治？

可以。慢性B(乙)肝的治療可減少體內的病毒數量，並有助防止肝臟受損、硬化及肝癌。但是，這些治療方法不能治癒。目前，大多數感染者如剛開始或已經正在接受治療，則需終身每日服藥。並

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.

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

非所有慢性B(乙)肝感染者都需要接受治療，但是所有慢性乙(B)肝感染者都需要終身接受定期檢查(請參閱“慢性乙(B)型肝炎指南”小冊子查詢更多詳情)。

慢性B(乙)肝可能會加劇(突然惡化)，並在感染者沒有感到不適的情況下導致肝臟受損。B(乙)肝也可能潛伏多年都不會導致任何問題，但是有些人肝臟損傷可能會快速惡化。定期檢查是可找出肝臟是否已出現損傷，以及是否需接受治療的唯一方法。此舉有助預防肝硬化、肝癌及肝衰竭。

急性B(乙)肝只屬短期感染，一般無需接受治療。但是在感染6個月之後需要再次進行檢查以確定是否發展成了慢性感染。

專科醫生及有接受B(乙)肝專業培訓的家庭醫生，均可提供慢性B(乙)肝治療。您可在以下網址找到可以提供治療的家庭醫生的名單：<https://www.ashm.org.au>。

怎樣預防B(乙)肝？

B(乙)肝有疫苗。接種疫苗是預防B(乙)肝的最佳方法。在昆士蘭，有些人士可免費接種B(乙)肝疫苗，包括：

- 嬰兒
- 與B(乙)肝感染者同住的人士，例如家庭成員或室友
- 來自於B(乙)肝較普遍的國家的移民，且持有Medicare 醫療卡(而且未對B(乙)肝免疫，或之前未曾接種過B(乙)疫苗的人士)
- 慢性肝病及/或C(丙)肝感染者
- 與B(乙)肝感染者有性接觸的人士

請瀏覽 <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/schedule> 查閱最新可免費接種的名單。

在接種疫苗之前，醫生會先確認是否需要接種。任何人如曾經接種過B(乙)肝疫苗，或者曾感染過B(乙)肝，他們便會獲得免疫(受到保護)，因此無需再次接種B(乙)肝疫苗。

成年人應在 6 個月內，接受 3 次B(乙)肝疫苗注射。嬰兒應在 6 個月內接受 4 次注射，而第一次注射應在剛出生時進行。必須完成所有注射，疫苗方可產生

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 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.

最好的效果。完成所有注射之後，大多數人均無需再次注射(加強劑)。

在接種最後一針的至少1個月後，可見家庭醫生檢查疫苗是否已產生效用。嬰兒可在接種最後一針的3個月後接受檢查。

孕婦如感染了B(乙)肝會怎樣？

女性如得知自己已懷孕，應盡快諮詢醫生。有些感染者血液內的B(乙)肝病毒含量(病毒載量)偏高可能需要在懷孕最後數個月接受藥物治療，以減低將病毒傳染給嬰兒的風險。嬰兒在出生後的12個小時內，應接受第一劑B(乙)肝疫苗及B(乙)肝免疫球蛋白(HBIG)注射，之後在出生第2、4和6個月後繼續接種三劑B(乙)肝疫苗。這樣，嬰兒染上B(乙)肝的機率便可大幅下降至低於5%。到9-12個月大的時候，嬰兒應接受B(乙)肝檢查，以確定B(乙)肝疫苗是否有效。

母乳不會傳播B(乙)肝。感染B(乙)肝的母親可放心哺乳。如果母親的乳頭有傷口或出血，應停止母乳餵養直至乳頭癒合。

C(丙)肝

C(丙)肝由C(丙)肝病毒(HCV)引起。許多人可能曾經在故鄉感染了C(丙)肝，但自己並無察覺。與B(乙)肝相同，C(丙)肝可以是急性或慢性感染。但與B(乙)肝不同的是，C(丙)肝發展成慢性的機率，並非取決於感染時的年齡大小。而且大約每4名C(丙)肝感染者中，便有3人(75%)會發展成慢性C(丙)肝並都需要治療。

人們如何會感染C(丙)肝？

如接觸到含有C(丙)肝病毒的血液，便有可能感染上C(丙)肝。



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 (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.



血液傳染的途徑請參閱第14頁B(乙)肝部份。

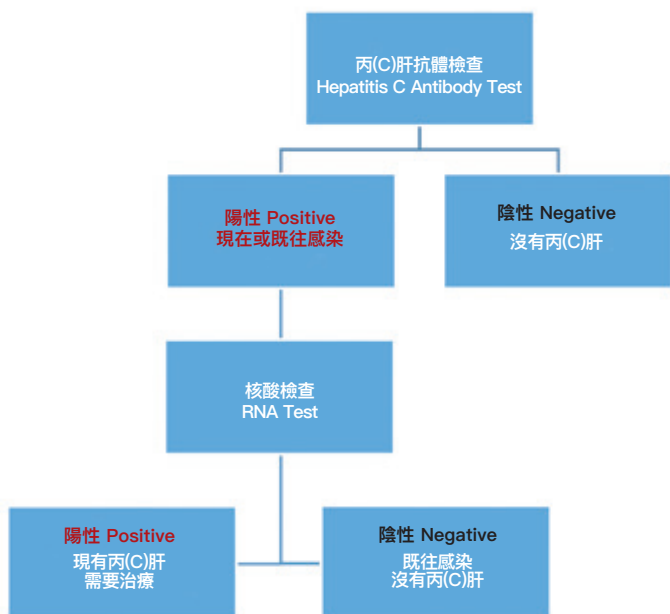
孕婦可能會在分娩過程中將病毒傳染給嬰兒。但這種情況並不常見，只有少於5%嬰兒會受到感染。

一般的社交接觸並不會感染C(丙)肝，具體請參閱第16頁B(乙)肝部分。

C(丙)肝會有哪些症狀？

大多數C(丙)肝感染者通常都不會出現任何症狀，但有些可能會出現與A(甲)型或B(乙)型肝炎類似的症狀。

怎樣知道自己是否感染了C(丙)肝？



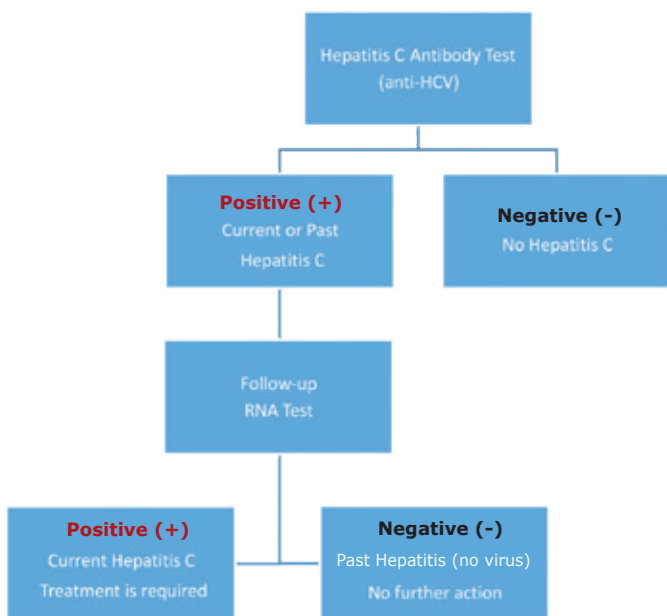
Examples of blood transmission can be found on page 15 in the Hepatitis B section.

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



要知道自己是否感染C(丙)肝，唯一的方法是接受特定的C(丙)肝血液檢查(不同於普通的血液檢查)。所有家庭醫生均可開具檢查單。

首先，檢查會尋找血液裏的**C(丙)肝抗體**。如抗體檢查呈陰性，就代表沒有C(丙)肝。如果檢查呈陽性(檢測得到)，則代表目前有C(丙)肝，或者過往曾感染過C(丙)肝。在這種情況下，就需進一步接受稱為**C(丙)肝RNA**的檢查，以確定目前是否仍有感染。如RNA檢查結果呈陰性，就代表沒有。如RNA檢查結果呈陽性，就代表目前仍感染有C(丙)肝，且需要接受治療。

如有慢性C(丙)肝，經過多年可能會發展成嚴重肝病，例如肝硬化及肝癌。因此，確診C(丙)肝後一定要接受治療。

如果是最近感染了C(丙)肝，一定要在6個月後接受一次C(丙)肝病毒RNA檢查，以確定病毒是否依然存在。

前來澳洲的人士，是否在入境前需要接受過C(丙)肝檢查？

大多數人士均無需接受C(丙)肝檢查。只有以下人士必須接受檢查：

永久及臨時轉永久簽證申請人：

- 15歲或以上，並有意在澳洲任職醫生、牙醫、護士或急救員，或就讀有關科目
- 15歲或以上，並申請就地庇護類別簽證

臨時居留簽證申請人：

- 有意在澳洲任職醫生、牙醫、護士或急救員，或就讀有關科目

請瀏覽以下網址，獲取最新的詳細資訊：<https://immi.homeaffairs.gov.au/help-support/meeting-our-requirements/health>

C(丙)肝對人體有何影響？

如沒有得到治療，多年後慢性C(丙)肝可導致肝臟受損，有些感染者可能會出現嚴重肝病，包括肝硬化，肝癌和肝衰竭。

How do people know if they have hepatitis C?

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.



C(丙)肝可以醫治嗎？

可以。C(丙)肝有非常有效的治療方法。完成8週或12週治療後，有超過95%慢性C(丙)肝感染者能夠痊癒(病毒被清除)。治療的副作用通常很少，例如疲倦或頭痛等。家庭醫生，專科醫生或專科護士都可提供C(丙)肝治療。一般而言，如果您持有 Medicare 醫療卡，治療費用會低於125澳元，使用老年卡或健康保健卡則可低於20澳元。

如果您沒有 Medicare 醫療卡，可憑處方在網站 www.fixhepc.com.au 購買較便宜的C(丙)肝治療藥物。

曾接受治療並痊癒的人士，如果不注意保護有可能會再次感染。請瀏覽我們的C(丙)肝資料瞭解詳情 (www.eccq.com.au/bbv)。

怎樣預防C(丙)肝？

C(丙)肝沒有疫苗。因此，避免血液接觸來防止感染十分重要，具體做法包括：

- 切勿共用可能曾沾有血液的任何物品(例如刮鬍刀，牙刷或藥物注射設備)
- 避免「私下」(家中，或無執照地方)進行涉及穿刺皮膚或接觸血液的活動，例如紋身、身體或耳朵穿孔及整容
- 用繃帶或創可貼遮蓋切口、刮損或傷口的部位
- 每次清理血液時戴上手套
- 前往其他國家的醫院、診所，牙醫或接受美容項目時保持謹慎。詢問對方有否為設備消毒滅菌，或使用全新設備

孕婦如感染了C(丙)肝會怎樣？

孕婦將C(丙)肝傳染給嬰兒的風險非常低(少於 5%)。有C(丙)肝的母親可放心餵哺母乳；但如果女性的乳頭出現裂痕，就應暫停哺乳，直至乳頭癒合為止。女性如得知自己懷孕，就應盡快諮詢醫生。

在懷孕及哺乳期之後，母親應接受C(丙)肝治療。

如果母親有C(丙)肝，孩子都應在 12-18 個月大的時接受檢查(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.au. **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 an 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).

人類免疫缺乏病毒 (HIV)

人類免疫缺乏病毒(HIV)

澳洲成千上萬的人感染有愛滋病毒，任何人都有可能感染上此病毒，包括來自海外的人士。不論是在澳洲還是出國旅行，都要保護自己免受感染。

什麼是人類免疫缺乏病毒(HIV)/愛滋病(AIDS)？

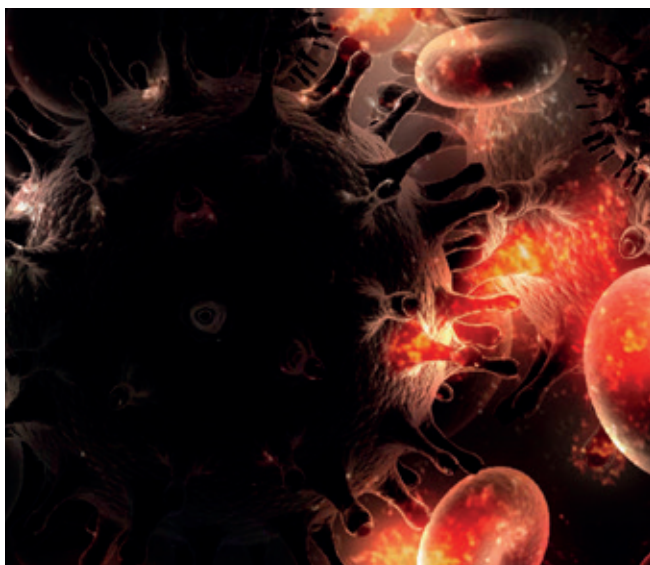
人類免疫缺乏病毒 (Human Immunodeficiency Virus) 簡稱HIV，俗稱愛滋病病毒。這種病毒可導致愛滋病(後天免疫缺乏症候群 Acquired Immunodeficiency Syndrome，簡稱 AIDS)。愛滋病是HIV感染晚期的階段。並非所有HIV感染者都會引發愛滋病。只要及早接受檢查並接受HIV治療，就不會惡化成愛滋病。

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.



人們如何會感染上HIV？

HIV存在於體液之中。接觸受感染的體液，包括血液、精液、陰道分泌液及母乳等，就有可能感染HIV。感染的體液可以由以下途徑進入體內：

性行為：與受感染的人士進行陰道性交或肛交，就有可能感染上HIV。在很多國家，這是HIV最常見的傳播方式。有性傳染病(STI)的人，感染上HIV的風險會較高。同時感染了HIV及STI的人，將HIV傳播給性伴侶的機會更大。

母嬰傳播：感染HIV的母親可能會在懷孕期間、分娩過程中或哺乳時，將HIV傳染給其孩子。

血液傳播：

- HIV可以通過血液傳播。血液傳播有不同的途徑，具體請參閱第14頁。
- B(乙)肝，C(丙)肝和HIV均可以通過血液接觸傳播，統稱**血液性傳染病(BBV)**。如果感染了其中一種傳染病，也需要檢查有沒有可能感染其他兩種。
- 人們可以同時感染兩種或兩種以上的傳染病—這種情況稱為**合併感染**，需要專科醫生進行治療監測。

以下情況並不會傳播HIV：

- 接吻
- 握手
- 擁抱
- 共用食物，飲料，刀叉，盤子，杯子，筷子，碗等
- 使用泳池及洗手間座廁
- 蚊蟲叮咬
- 汗水
- 淚水
- 唾液
- 尿液



安全



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 11 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感染會有哪些症狀？

有些人在HIV感染的最初幾個星期，可能會出現類似流感的症狀，例如

- 發燒
- 淋巴結(淋巴腺)腫大
- 扁桃腺腫脹(扁桃腺炎)
- 喉嚨痛
- 關節及肌肉痛
- 腹瀉
- 皮疹

這些症狀會很快消失，受感染的人可能在未來多年也不會出現任何症狀。

怎樣知道自己是否感染了HIV？

很多HIV感染者沒有癥狀。要知道自己是否感染了HIV，唯一的方法是接受**特定的HIV血液檢查**。以下地方均可做HIV測試：

- 家庭醫生
- 性健康門診
- 在家自測：可以從 www.rapid.org.au 網站免費獲得自測包或者可以從 www.atomohivtest.com 網站購買自測包。

如果一個人在三個月之內剛感染HIV，第一次血液檢查可能仍無法測出是否被感染，因此在三個月後需要接受第二次檢查。無法測出的這段時期稱為**空窗期**。如在空窗期有性行為，應**時刻**採取保護措施(例如使用保險套，又稱安全套)，以及避免接觸血液。及早接受檢查和治療，感染者的健康就可得到大幅改善。如果第二次檢查結果也呈**陽性**，就說明已經感染了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.



前來澳洲的人士是否在入境前需要接受 HIV 檢查？

人們往往認為他們在入境澳洲之前已接受HIV檢查，但其實有很多人無需接受HIV檢查。只有以下群體的人士必須接受檢查：

永久及臨時轉永久簽證申請人：

- 15 歲或以上
- 等待收養的兒童，或正在接受澳洲州政府或領地政府福利機構照顧的兒童

臨時居留簽證申請人：

- 有意任職醫生、牙醫、護士或救護員，或有意就讀有關科目

瀏覽以下網址，獲取最新的詳細資訊：

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

假如未接受過檢查，或有曾暴露過的風險(參考第36頁中“如何會感染 HIV？”)，就應考慮接受 HIV 檢查。

HIV對人體有何影響？

感染了HIV 的人許多年都有可能不顯示任何癥狀。但是如不接受治療，HIV便會在這期間逐漸破壞免疫系統(人體內對抗感染的防衛系統)，並於後期惡化成為愛滋病，使感染者很容易出現嚴重的感染及患其他疾病，從而有可能會導致死亡。

HIV可以醫治嗎？

可以。HIV治療稱為抗逆轉錄病毒治療 (ART)，可有效控制HIV及預防愛滋病。確診患有HIV的人士應盡快開始接受HIV治療。目前，感染者需終身每日服用治療藥物。只有專科醫生和接受過HIV培訓的家庭醫生方可提供HIV治療。您可瀏覽以下網址，查詢接受過HIV培訓的家庭醫生名單：

<http://www.ashm.org.au>

HIV感染者只要按照醫囑服藥，便可擁有正常生活。及早接受檢查和治療，對有效治療HIV至關重要。

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.

在有效的治療之下，人體內的HIV指數可減少至十分低的水平，且無法在血液中檢測到，這種情況稱為「無法檢測到」。但是，這並不代表感染者已經痊癒。

如果無法檢測到HIV，病毒就無法經由性行為傳染給其他人(無法檢測到=無法傳播；又稱為U=U)。因此，HIV治療可有效阻斷經性接觸而傳播HIV的途徑，(又稱為治療等於防疫 (Treatment as Prevention)，簡稱TasP)。

感染者必須持續接受治療，才能使HIV保持在無法檢測到的狀態。

怎樣預防HIV？

HIV沒有疫苗。因此，必須時刻採取以下措施，保護自己及他人免受感染：

- **使用保險套(安全套):**到目前為止，保險套(安全套)仍然是最佳保護方式可預防經性接觸傳播的HIV，性病及懷孕。
- **避免直接接觸血液:**詳情請參閱第32頁。
- **服用預防HIV的藥物**
 - **暴露前預防性投藥(PrEP):**這種防HIV藥物可防止未受感染的人士感染HIV。PrEP並非疫苗，且只有在每日服用之下方可產生效用。一旦停止服用，就無法獲得保護。所有家庭醫生均可開具PrEP藥物處方。如未持有Medicare 醫療卡，也可從家庭醫生開具處方並於網上購買：
www.greencrosspharmacy.online。

服用PrEP可能會出現某些副作用。不可服用他人的HIV藥物來預防HIV。

- **暴露後預防性投藥(PEP):** 這種藥物

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.

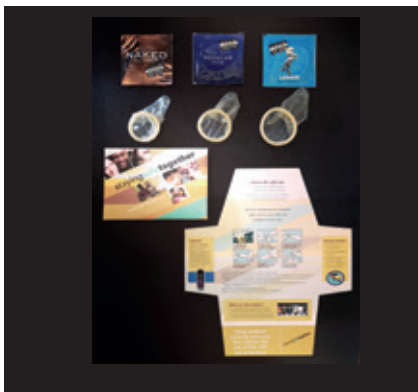
用於還未受感染但有可能暴露了HIV的人士。預防HIV的PEP藥物應在可能暴露後的72小時內服用，越早越好，而且需連續服用4週。性健康診所的醫生、各大主要醫院的急診室，以及接受過HIV培訓的家庭醫生(如前文第40頁所述)，均可開具PEP藥物處方。

如果女性懷孕並感染了HIV怎麼辦？

HIV女性感染者可以生育沒有HIV的孩子(HIV陰性)。現時有多種方法，可以將嬰兒感染HIV的風險減少至低於1%。感染HIV的女性如果計劃生育或剛剛懷孕，就應盡早尋求醫生建議。

無法檢測到 = 無法傳播

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

性傳染病

Sexually Transmissible Infections (STIs)

性傳染病(STIs)

性傳染病(也稱為性傳播感染，英文簡稱為STIs)是可以經性接觸傳染他人的疾病，性接觸包括陰道性交(陰莖插入陰道)、肛交(陰莖插入肛門)及口交(口部接觸性器官/肛門)。性傳染病有很多種，分別由病毒、細菌及寄生蟲而引致。

某些性傳染病可導致嚴重的長期的健康問題，包括不孕不育(無法生育子女)。這種情況可影響男性及女性感染者，偶爾亦有可能導致死亡。**性傳染病也可增加傳播及感染上HIV的風險**。因此，及早診斷和治療性傳染病非常重要。

澳洲常見的性傳染病包括細菌感染(例如披衣菌(又稱衣原體)、淋病(白濁)及梅毒和病毒感染(例如生殖器疱疹及性病疣-尖形濕疣(椰菜花)或稱生殖器疣)。HIV和B(乙)肝都可經由性接觸傳播，詳情見前文。

性傳染病會有哪些症狀？

大多數感染的人都不會出現任何症狀。然而，某些人可能會出現以下一種或多種症狀：

- 性器官(陰莖、睪丸、陰道或肛門)或周圍的皮膚出現水泡、腫塊、疼痛、皮疹或改變



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)

- 睪丸痛(男性)
- 下腹疼痛、性交期間或剛於性交之後疼痛，或者在兩次來經之間出血(女性)
- 陰莖、陰道或肛門有異常的分泌物或出血
- 排尿疼痛或困難

怎樣知道自己是否有性傳染病？

很多性傳染病都不會有症狀。因此所有有性生活的人士都應接受性健康檢查，因為這是得知自己是否感染的唯一方法：

- 認為自己有性傳染病
- 有在未戴上保險套(安全套)的情況下性交，或者在性交期間保險套(安全套)破裂或脫落
- 自己或性伴侶曾經有過其他性伴侶
- 開始或結束一段性關係
- 曾遭到性侵犯

前來澳洲的人士是否在入境前需要接受性傳染病檢查？

大多數人士入境澳洲之前，均無需接受性傳染病檢查。但是，以下人士需要接受梅毒檢查：

- 15歲或以上，申請就地庇護類別簽證
- 15歲或以上，申請難民類別簽證

有性傳染病的人怎樣可以保護他人免受感染？

正在接受性傳染病治療的人士，應避免在治療期間有性行為，否則仍有可能會傳染給性伴侶。如果感染者過往及現時有接觸性伴侶，就應如實告訴醫生或護士。假如性伴侶亦受到感染，他們也會感到不適、感染他人，或者再度感染目前的性伴侶。

- 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.



怎樣預防性傳染病？

- **使用保險套(安全套)**。保險套(安全套)是目前防止性傳染病的最佳方式，同時也可預防HIV及懷孕。大家應堅持並以正確方法及全程使用保險套(安全套)：
 - 選用合適大小(寬度)的保險套(安全套)——小(45–51毫米)、普通(52–56毫米)或大(56–60毫米)。ECCQ可免費提供樣本套裝。如欲索取樣本，請瀏覽 www.eccq.com.au/bbv-chinese 或傳送電郵至 health@eccq.com.au
 - 保險套(安全套)應存放在陰涼乾爽之處，以免因受熱而導致受損
 - 使用保險套(安全套)前，應檢查保險套(安全套)的有效期
 - 水溶性潤滑劑與保險套(安全套)配合使用，防止保險套(安全套)破裂
 - 切勿同時使用兩個或以上保險套(安全套)
 - 切勿重複用同一個保險套(安全套)

保險套(安全套)及水溶性潤滑劑均在超市、藥房和便利店有售。

- **減少性伴侶的數目。**
- **接受性健康檢查**:若前往其他國家旅行期間有性行為。
- **在結束或開始一段新的性關係**，或者當發生不安全性行為的時候。
- **避免與性器官上有水泡、皮疹或疼痛的人發生性行為**，並建議他們接受性健康檢查。但請謹記，大多數性傳染病感染者都不會出現任何症狀。
- **不過量飲酒**。飲酒或服藥後，可能會令當事人難以作出安全性行為的明智決定。安全飲酒的詳情請參閱網站 <https://www.health.gov.au/health-topics/alcohol/about-alcohol/how-much-alcohol-is-safe-to-drink>
- 性行為結束後，**切勿用清水或抗菌劑清洗陰道(又稱灌洗)**。灌洗陰道並不能防止性傳染病，事實上反而會更易受到感染。某些用於陰道感染的傳統治療方法，也可能會令當事人更易感染性傳染病。
- 目前有預防性病(尖形濕疣(椰菜花)的**疫苗(HPV疫苗)**以及B(乙)肝疫苗，但未有用於其他性傳染病的疫苗。

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.

人類乳頭瘤病毒(HPV)疫苗

HPV的類型有100多種。某些類型的HPV會導致性病(尖形濕疣(椰菜花))，而**某些類型則可導致子宮頸、肛門、外陰、陰道、陰莖及喉嚨癌症**。現有的HPV疫苗非常安全有效，可預防最常見HPV類型引起的癌症及性病(尖形濕疣(椰菜花))。

年齡為14歲或以下的兒童需接受兩次疫苗注射，兩次注射之間相隔6–12個月。在澳洲，作為全國HPV疫苗接種計劃的一部份，12–13歲的男女兒童可於校內**免費**接種HPV疫苗。15歲或以上則需要接受三次疫苗注射，分別在第0個月、2個月和6個月。**人們在性活躍之前接種HPV疫苗預防效果最佳。**

然而，HPV疫苗並無法預防所有類型的HPV。**年齡屆於25至74歲的所有女士，都應每5年接受一次子宮頸篩查。**子宮頸篩查用於檢測有否感染上HPV。

孕婦如感染上性傳染病會怎樣？

在澳洲，孕婦會在開始懷孕之後會常規接受梅毒、HIV、B(乙)及C(丙)肝炎檢查；如果有高感染的風險，可能會在懷孕期間接受多次檢查。這是因為性傳染病比如梅毒對嬰兒非常危險。積極治療以及謹慎制訂生育計劃，可減低嬰兒受到感染的風險。

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.

澳洲常見的性傳染病——摘要表

常見性病名稱	傳播途徑	檢查	治療	預防	不檢查及治療的後果
披衣菌感染/衣原體感染	<ul style="list-style-type: none"> • 性行為 • 分娩過程中母嬰感染 	<ul style="list-style-type: none"> • 尿檢 • 感染區域拭子檢測 	<ul style="list-style-type: none"> • 由細菌引起，可以用對症的抗生素治療 • 可反複感染 	<p>使用保險套(安全套)</p> <p>無疫苗</p>	<ul style="list-style-type: none"> • 致男女不孕不育 • 盆腔炎和異位妊娠
淋病(白濁)	<ul style="list-style-type: none"> • 性行為 • 分娩過程中母嬰感染 	<ul style="list-style-type: none"> • 尿檢 • 感染區域拭子檢測 	<ul style="list-style-type: none"> • 由細菌引起，可以用對症的抗生素治療 • 可反複感染 • 容易耐藥 	<p>使用保險套(安全套)</p> <p>無疫苗</p>	<ul style="list-style-type: none"> • 可致男女不孕不育 • 盆腔炎和異位妊娠
梅毒	<ul style="list-style-type: none"> • 直接接觸病變部位 • 懷孕及分娩過程母嬰感染 • 血液傳染，(但少見) 	<ul style="list-style-type: none"> • 血液檢查 • 病變部位拭子檢查 	<ul style="list-style-type: none"> • 由細菌引起，可以用對症的抗生素治療 • 可反複感染 	<p>使用保險套(安全套)</p> <p>避免血液接觸</p> <p>無疫苗</p>	<ul style="list-style-type: none"> • 損傷重要臟器比如腦和心 • 流產，胎兒死亡或畸形
生殖器皰疹/生殖器皮膚上疼痛小水泡	<ul style="list-style-type: none"> • 親密的身體接觸(通常指性接觸) • 分娩過程中母嬰感染(機率低) 	<ul style="list-style-type: none"> • 破潰皰疹的拭子檢查 	<ul style="list-style-type: none"> • 由病毒引起，不能治癒 • 可通過注射針劑，口服藥或塗抹藥膏治療(症狀消失後仍需用藥) 	<p>使用保險套(安全套)</p> <p>(如感染部位未能被包住則仍不能預防)</p> <p>無疫苗</p>	<ul style="list-style-type: none"> • 皰疹疼痛，會傳染到身體的其它部位
生殖器疣/尖銳濕疣(椰菜花)/性病疣(俗稱菜花或椰菜花)	<ul style="list-style-type: none"> • 親密的身體接觸(通常指性接觸) • 分娩過程中母嬰感染(少見) 	<ul style="list-style-type: none"> • 身體檢查 	<ul style="list-style-type: none"> • 由病毒引起，不能治癒 • 可以通過冷凍，切除，鐳射去除疣，也可塗抹膏藥。 	<p>接種疫苗</p>	<ul style="list-style-type: none"> • 皮表的突起會變大，疼痛，非常癢 • 可導致宮頸，陰莖，肛門或咽喉癌(取決感染部位)

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)

常見問題解答

Frequently asked questions

甚麼是病毒和細菌？

病毒和細菌是十分細小的微生物，可導致人體出現傳染病。有很多種不同病毒和細菌，可導致各種不同疾病。病毒和細菌無法用肉眼看到，但可以經由不同方式在人與人之間傳播，例如血液、體液、食物、飲料、尿液等等。

抗原和抗體是甚麼？

抗原是病毒或細菌的一部份，而抗體則是由人體的免疫系統產生，用於抵抗和破壞特定病毒或細菌的侵襲。抗原及抗體都會存在於血液之中，因此血液檢查可找出某種病毒或細菌的抗原或抗體，從而找出某人是否患有某種疾病，或者在過往曾患有哪些疾病。

疫苗、治療和治癒有甚麼分別？

疫苗可以預防疾病，用於未曾受到感染的人。如果已受感染，可接受治療來控制病情，以防止疾病惡化。有時候，接受治療可以治癒疾病/感染。治癒是指治療後徹底痊癒。然而，有些傳染病在治癒之後仍有被再次感染的可能。

What are viruses and bacteria?

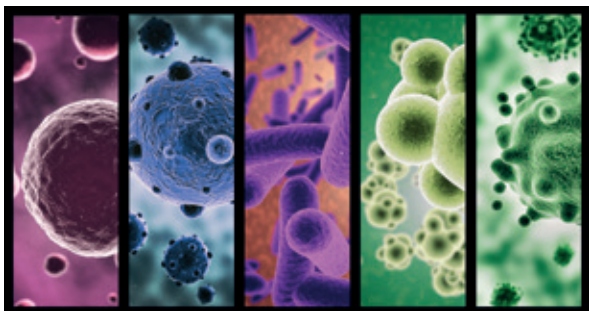
Viruses and bacteria are very small germs that can cause infectious diseases. There are many different viruses and bacteria that can cause different diseases. They cannot be seen with the naked eye but they can be passed between people through different ways such as blood, body fluids, food, drinks,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



甚麼是性健康檢查？

性健康檢查是跟醫生討論您的性健康，並可能進行性傳染病檢查，或者HIV或肝炎等其他病毒的檢查。在昆士蘭，您可經家庭醫生、性健康診所或“真正兩性關係及生育健康”(True Relationships and Reproductive Health)等機構接受性健康檢查。

如果您沒有任何症狀，而僅僅希望接受檢查，家庭醫生會是一個好的選擇，只要您在與對方討論性健康時感到安心自在即可。如果您有更複雜的性健康疑慮，或希望諮詢更專業的人士，則性健康診所或 True 等機構可能更適合您的需要。您應首先致電預約就診事宜。如欲查詢昆士蘭境內的性健康診所名單，請瀏覽以下網站：www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health。

性健康檢查會涉及什麼？

在性健康檢查時，您可能需要回答目前及過往的性生活，包括性伴侶的數目和性別、性行為的類型及任何過往疾病等等。某些問題可能會令您尷尬或難以啟齒，但是如實回答非常重要。這樣可讓醫生進行適當檢查，並作出正確診斷。就診人士不應該因為感染或有症狀感到羞愧、試圖掩飾或編造謊言。在您的同意下，醫生可能會進行身體檢查，並採集血液、尿液或分泌物樣本，以檢查有否感染了性傳染病、HIV及肝炎。就診可要求選擇男性或女性醫生或護士。醫生和護士將會為您保密。

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.



人們是否會同時間感染多種疾病？

會。若同時有超過一種感染，就稱為“合併感染”。例如，某些人可能會同時感染了B(乙)肝及HIV、或同時感染了B(乙)肝及C(丙)肝，或同時感染了C(丙)肝及梅毒等。



如果不懂英語該怎麼辦？

如果在表達或理解英文方面有困難，就應要求就醫處提供免費合格的翻譯員。求診者需在預約時提出要求翻譯員，並說明所需的語言及方言。這樣有助醫生預約合適的翻譯員。此外，求診者亦可要求選用男性或女性翻譯員。翻譯員不應向任何其他人士披露求診人士的任何個人資料。家庭成員不應做翻譯。

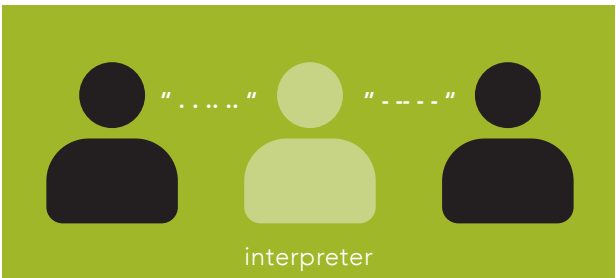
Can people have more than one infection at a time?

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.



前往海外是否會感染上肝炎、HIV及性傳染病？

會。肝炎、HIV及性傳染病在很多國家都十分普遍。前往海外旅行期間，我們都應採取適當措施，以保護自己免受感染。人們應該：

- 隨身攜帶保險套(安全套)，並在有性行為時使用
- 避免接觸到血液
- 切勿共用刮鬚刀及牙刷等梳洗用品
- 飲用煮沸過的水或瓶裝水，以及小心注意他人為自己製備食品的方式
- 如需接受醫治，牙科治療或美容手術，或進行紋身或身體穿孔等活動，就應確保使用全新或已消毒的設備
- 如果還沒有抗體保護應接種A(甲)肝和B(乙)肝疫苗。

感染者是否必須告知他人自己有肝炎、HIV及/或性傳染病？

在昆士蘭，感染者並非必須告知他人自己已有上述感染，只有某些少數情況之下除外(如需更多資訊，請瀏覽 www.halc.org.au)

。若有人知道自己從哪些人那裡感染了肝炎、HIV或性傳染病，那些人士就需要知道此事並接受檢查。如果難以或無法告知自己之前接觸過哪些人士，可由醫生或護士提供協助，他們不會提供受感染人士的任何資料。此一過程稱為接觸者追蹤。追蹤接觸者有助遏止感染傳播，並確保所有受感染的人士都可獲得治療。性健康診所的職員受過有關培訓，可提供有效且保密的服務。

感染者必須特別小心謹慎，採用適當的保護措施，並且小心避免他人接觸到自己的血液，以免將肝炎、HIV或性傳染病傳染給他人。

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.

澳洲是否公平對待有肝炎、HIV及性傳染病的人？

在澳洲，任何人士以不公平的方式對待有肝炎、HIV、性傳染病或任何其他病症的人士，即屬違法。受感染的人士可向多個組織獲取支援。受感染人士接受服務的質量和擁有的機會，應與任何其他人士相同。即使有肝炎、HIV和性傳染病，感染者的就業、教育、澳洲福利署(Centrelink)福利金和目前的簽證狀態也不應受到影響。任何人士如遭到歧視，應聯絡昆士蘭反歧視委員會(Anti-Discrimination Commission Queensland)，網址為 www.adcq.qld.gov.au。

更多資訊

昆士蘭民族社區委員會 (ECCQ)

網站: www.eccq.com.au/bbv-chinese

電話: 07 3844 6877 or 0479 130 997 (中文)

電郵: chinese@eccq.com.au

Line/微信:



歡迎掃描觀看我們的科普視頻:

肝炎



性傳染病



昆士蘭衛生署 (Queensland Health)

網站: 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:





本資料由昆士蘭衛生署資助的ECCQ肝炎，愛滋病和性病項目組製作，於2022年翻譯發行。





ECCQ