

HIV是什麼

What is HIV?

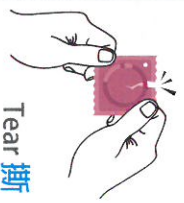
HIV是一種感染人體免疫系統的病毒，它會破壞或損傷免疫系統的功能。感染HIV後會造成人體免疫系統逐漸惡化，當免疫系統惡化到無法抵抗其他疾病感染時，就稱為「免疫缺乏」。嚴重的免疫缺乏造成相關感染稱為「伺機性感染」，因為其他病菌會趁免疫系統虛弱的时候感染人體。

The HIV infects cells of the immune system, destroying or impairing their function. Infection with the virus results in progressive deterioration of the immune system, leading to "immune deficiency". The immune system is considered deficient when it can no longer fulfill its role of fighting infection and disease. Infections associated with severe immunodeficiency are known as "opportunistic infections", because they take advantage of a weakened immune system.

正確使用男性保險套

Five steps for Correct use of male condoms

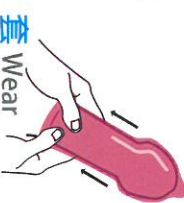
的5大步驟



Tear 撕



Pinch 捏



套 Wear

HIV如何傳染

How is HIV transmitted?

HIV可以透過無保險套的性行為（包括陰道性交或口交）以及肛交來感染；輸入感染HIV的血液，及共用針頭、稀釋液或其他尖銳器具皆是感染途徑。它也可能透過女性懷孕、分娩及哺乳間傳染給嬰兒。

HIV can be transmitted through unprotected sexual intercourse [vaginal or anal], and oral sex with an infected person; transfusion of contaminated blood; and the sharing of contaminated needles, syringes or other sharp instruments. It may also be transmitted between a mother and her infant during pregnancy, childbirth and breastfeeding.

會傳染的途徑

HIV will be transmitted through:

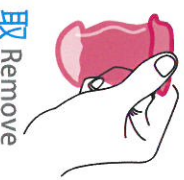
性行為
Sexual intercourse
母子垂直傳染
Mother-to-infant transmission
共同針具、稀釋液
Sharing needles, syringes or solution

不會傳染的途徑

HIV will not be transmitted through:

同桌吃飯
Eating at the same table
衣物共洗
Sharing laundry
游泳、蚊子叮咬
Using the same swimming pool or mosquito bites

貼心小叮嚀
Some Facts



取 Remove



丟 Throw

如何避免自己暴露在海

感染風險中

How can I minimize my risk of HIV transmission through sex?

- (1) 在每次性行為時都可以正確的使用保險套（包括無套肛交、性交及口交）。
- (2) 保險套要選擇水性潤滑液來搭配。
- (3) 限制你的性伴侶人數。
- (4) 若你認為自己有可能感染HIV，請儘快在暴露後72小時內至醫院找醫師討論是否該進行預防性投藥治療。
- (5) 若你的性伴侶HIV呈現陽性，鼓勵他立刻開始並持續治療。
- (1) Use condoms correctly each time you have sex (include anal sex, vaginal sex and oral sex).
- (2) Choose water-based lubricants for use with condoms.
- (3) Limit your number of sex partners.
- (4) Talk to your doctor right away (within 3 days) about post-exposure prophylaxis (PEP) if you have a possible exposure to HIV.
- (5) If your partner is HIV-positive, encourage your partner to get and stay on treatment.



TESTING

篩檢

篩檢是什麼

What is HIV testing?

篩檢是一個可以讓你了解HIV感染狀況的有效工具，你可能已經感染HIV了，但你卻認為現在很健康。因此能夠讓你知道自己是是否有感染HIV就只有篩檢。篩檢是免費、快速且保密的。篩檢後不管結果如何，你都可以因篩檢使自己和親人有更好的保護。

HIV testing is an effective tool to know your HIV status. You could have HIV and still feel healthy. The only way to know if you have HIV is to get tested. HIV testing is free, fast, and confidential. Whether you test positive or negative, you can use that knowledge to take better care of yourself and your loved ones.

何時該做HIV篩檢

When should I get tested for HIV?

在感染HIV初期，篩檢的結果可能是陰性，是因為HIV抗體尚未產生，此期間稱為空窗期，愛滋病空窗期約持續6-12週。因此若你覺得自己可能有感染HIV，建議你在暴露後6-12週內去做HIV篩檢最準確。

At the early infection of HIV, test may be negative because antibodies have not been produced. This period of time is called the window period. It lasts approximately 6 to 12 weeks. If you think you may have been exposed to HIV, we recommend HIV testing 6 to 12 weeks after exposure.



Time/ 13:00~20:00 (每週一/國定假日-休館)
Closed on Mondays and national holidays

e-Mail/ rainbowst6@gmail.com

Tel/ (06)263-1841、263-7641

Add/ 70261台南市南區南和路6號3樓

3F., No.6, Nanhe Rd., South Dist., Tainan City 70261, Taiwan

(台南市南都里活動中心對面)

Located opposite to the Nandu Village Community Center



FB粉絲專頁

臺南市政府衛生局

Public Health Bureau, Tainan City Government

請於上班時間洽詢
Lines are open during office hours

(東興辦公室) 06-633-3080 • (林森辦公室) 06-336-6366

Dongxing office

Linsen office

愛滋病免費諮詢專線：1922

Free HIV consultation hotline

愛滋病免費篩檢：臺南市政府衛生局及各區衛生所

Free HIV test: Public Health Bureau, Tainan City Government & District health centers

各大醫院愛滋病匿名篩檢電話：

Hospitals providing anonymous HIV screening:

成大醫院門診大樓1樓 (06)235-3535轉4100

First floor at the Outpatient Building, National Cheng Kung University Hospital

奇美醫院永康院區2樓抽血站 (06)2812811轉53689

Blood Drawing Station on the second floor, Chi Mei Hospital, Yongkang

衛生福利部臺南醫院門診大樓2樓感控室 (06)220-0055轉3125

Infection Control Office on the Second floor at the Outpatient Building, Tainan Hospital, Ministry of Health and Welfare

<http://www.cdc.gov.tw/rwd>

衛生福利部疾病管制署民眾版



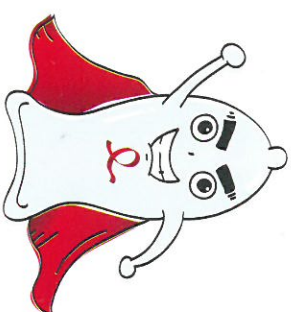
www.cdc.gov.tw



1922防疫達人

www.facebook.com/TWCDC

愛自己 ♥ 愛別人
LOVE YOURSELF, LOVE OTHERS



AIDS

Acquired Immune Deficiency Syndrome

NO!

衛生福利部疾病管制署

Centers for Disease Control, Ministry of Health and Welfare

臺南市政府

Tainan City Government

臺南市政府衛生局

Public Health Bureau, Tainan City Government

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