

預防性病及愛滋病 Prevention of Sexually Transmitted Infections and HIV/AIDS



性病主要透過直接性接觸傳播，可由細菌、病毒或寄生蟲所引致。香港常見的性病有梅毒、淋病（俗稱白濁）、非淋病性尿道炎/非特異性生殖道感染、性病疣（俗稱椰菜花）、性病疱疹與陰蝨等。

愛滋病亦是性病之一。愛滋病（醫學名稱：後天免疫力缺乏症）是由愛滋病病毒（醫學名稱：人類免疫力缺乏病毒）所引起。病毒進入人體後，若沒有接受治療，會逐漸破壞感染者的免疫系統，從而引起併發症，包括腫瘤及機會性感染，最終演變成愛滋病。

不同性病會出現不同症狀，包括：性器官出現痕癢、損口、小肉粒、水泡，小便頻密或刺痛，以及尿道或陰道流出異常分泌等，都可能是性病的徵狀；但有部分性病可以**毫無病徵**，令人難以察覺，例如：感染愛滋病病毒後數年，感染者可以不出現任何病徵，卻會繼續將病毒傳染給他人。

性病及愛滋病病毒的傳播途徑

1. 性接觸

與受感染的伴侶進行性行為，包括陰道交、口交和肛交。

2. 母嬰傳播

女性患者可在懷孕期間、分娩過程中，及餵哺母乳時傳播給嬰兒。

3. 血液接觸

吸毒者共用器具注射毒品，及輸入受污染的血液或血製品。

一般社交接觸，如握手、擁抱、吻面頰、一起上課、工作及用膳，都不會傳染性病或愛滋病病毒。直到目前為止，醫學界還沒有因蚊叮蟲咬而傳染性病或愛滋病病毒的紀錄。

性病及愛滋病病毒感染的治療

感染性病後，會增加感染愛滋病病毒的風險，甚至引起其他嚴重併發症，例如：不育，嬰兒患有先天性缺陷，甚至死亡。

現在，部分**性病**已可使用抗生素等藥物治癒。你的性伴侶亦應同時接受檢查及治療，否則你將會再次受到感染。接受治療期間，你應避免任何性接觸或採取安全性行為，以免將性病傳給別人，並應遵照醫生指示完成整個療程才能有效治療性病。為確保已徹底根治及控制病情，即使你發覺已沒有病徵，仍須按照醫生或診所指示跟進檢查。

如果懷疑自己感染性病，應及早就診。衛生署轄下的社會衛生科診所可提供各項性病檢查、治療與輔導，毋須預約或醫生介紹信，一切資料絕對保密。詳情請瀏覽衛生署網頁 www.dh.gov.hk。另外，你亦可向註冊西醫求診。切勿自行胡亂用藥，否則可能延誤病情。

雖然現在未有根治**愛滋病病毒感染**的方法，但抗愛滋病病毒藥物已能有效地控制病情。它能抑制病人體內的愛滋病病毒，減輕對免疫系統造成破壞。此外還有多種藥物能預防及治療機會性感染，避免出現併發症，有助患者提高生活質素及延長壽命。

跟很多疾病一樣，及早診斷，儘早接受治療可避免病情惡化。如懷疑自己已受到愛滋病病毒感染，應盡快向醫生查詢，主動提出進行測試；**你可致電衛生署愛滋熱線：(852) 2780 2211 或到 www.hivtest.gov.hk 預約「愛滋病病毒抗體測試」，此服務是免費及不記名，一切資料絕對保密。**

曾有性接觸，而不知感染狀況，就應接受愛滋病病毒測試。

相關資訊

- 衛生署愛滋熱線：(852) 2780 2211
- 紅絲帶中心網頁：www.rrc.gov.hk
- 香港愛滋病網上辦公室：www.aids.gov.hk

預防性病及愛滋病病毒感染 採取安全性行為

到目前為止，最有效預防性病及愛滋病病毒感染的方法是每次性行為都正確使用安全套。此外，進行沒有體液交換的性行為，例如：吻面頰、自慰、互相愛撫等，感染性病和愛滋病病毒的機會也相對較低。

男性安全套正確使用方法



1. 每次性交時使用一個新的、品質優良的安全套。使用前應檢查安全套的有效日期。



2. 在陰莖接觸陰道、口腔、或肛門之前，便要戴上安全套。



3. 小心用手按壓安全套前端，把空氣擠出，以便保留前端空間供射精時盛載精液。



4. 將安全套套在勃起的陰莖前端，把安全套捲開，套著整個陰莖直至陰莖底部。



5. 如有需要，使用水溶性潤滑劑，油性潤滑劑容易令安全套破裂。



6. 射精後，趁陰莖仍然勃起時，緊握安全套邊緣，把陰莖抽出。



7. 小心地脫下安全套，避免精液從安全套濺出。



8. 把用過的安全套用紙巾包好後棄置在垃圾箱內。

Sexually Transmitted Infections (STIs) primarily spread through direct sexual contact. They are commonly caused by bacteria, viruses or parasites. In Hong Kong, the commonest STIs are syphilis, gonorrhoea, non-gonococcal urethritis/ non-specific genital tract infection, genital wart, herpes genitalis, and pubic lice.

AIDS (Acquired Immunodeficiency Syndrome), being one of the STIs, is caused by the virus HIV (Human Immunodeficiency Virus). After entering human body, if left untreated, HIV will gradually destroy the patient's immune system, causing various diseases such as cancer and opportunistic infections, and ultimately progressing to AIDS.

Different STIs can present in different ways. Itchiness over the genitalia, broken skin, small growth, blisters, painful or frequent urination, and unusual discharge from the penis or vagina are all common symptoms. Some STIs, however, **do not develop any symptom** at all, making people difficult to know their infected status. For example, people infected with HIV can have no symptoms in the first few years, yet continue to spread the virus to other people.

Transmission routes of STIs and HIV

- 1. Sexual contact**
sexual intercourse with an infected person, including vaginal, oral and anal sex.
- 2. Mother to baby**
from infected mothers to their infants before, during, and after birth (breast feeding).
- 3. Blood contact**
by sharing injection tools with an infected person; or transfusion of contaminated blood or blood products.

STIs and HIV cannot be transmitted through social contacts such as shaking hands, hugging, kissing cheeks, going to school and working together and sharing meals. Up till now, no medical evidence has shown insect bites can transmit STIs or HIV.

Treatment for STIs and HIV infection

STIs can increase a person's risk of HIV infection and cause other serious health consequences, e.g. infertility, congenital abnormalities or even death.

Nowadays, some **STIs** can be cured with medication such as antibiotics. To avoid re-infection, your sexual partners should also receive check-up and treatment. You should refrain from sex or practise safer sex when under treatment to avoid spreading the virus. Please comply with doctor's instruction to complete the whole course of treatment for the best result. To ensure complete cure or the infection is well controlled, please follow your doctor's or clinic's advice to continue follow-up even you have no more symptoms.

If you think you have STI, please consult your doctor for early diagnosis and treatment. The social hygiene clinics of the Department of Health provides testing, treatment and counselling on STIs. All information is kept confidential. Neither advanced booking nor doctor's referral letter is required. For detail, please visit the Department of Health's website: www.dh.gov.hk. OR you should consult a registered medical practitioner. Please DON'T selfmedicate as it may delay effective treatment and worsen the condition.

Although cure for **HIV infection** is not yet available, antiretroviral therapy can effectively control the infection by suppressing HIV in the human body and slowing down damages to the immune system. Other drugs are also available to prevent or treat opportunistic infections and other complications. This helps people living with HIV to enjoy a longer life with good quality.

As with other diseases, early diagnosis and early treatment can prevent the condition from worsening. If you suspect you might have HIV infection, do consult doctors and ask for an HIV test as soon as possible. **You may call the AIDS Hotline of the Department of Health: (852) 2780 2211 or visit www.hivtest.gov.hk to book an appointment for free and anonymous HIV antibody testing service. All information is kept confidential.**

Anyone who has ever had sex and is unsure of their infection status, should undergo HIV testing.

Related information

- AIDS Hotline of the Department of Health: (852) 2780 2211
- Red Ribbon Centre website: www.rrc.gov.hk
- Virtual AIDS Office of Hong Kong: www.aids.gov.hk

To prevent STIs and HIV infection, practise safer sex

The most effective way of preventing STIs and HIV infection is to use condom properly for each sexual contact. Sex without exchange of body fluids such as kissing cheeks, masturbation, mutual caressing have a lower risk of STIs and HIV infection.

Proper use of male condom

-  1. Use a new, good-quality condom and check the expiry date before use.
-  2. Put the condom on before the penis touches the vagina, mouth or anus.
-  3. With care, hold the tip of the condom to squeeze out the air. This allows room to contain the semen during ejaculation.
-  4. Place the condom over the tip of the erected penis, unroll it to the base of the shaft.
-  5. Use water-based lubricants if needed. Oil-based lubricants can cause condom breakage.
-  6. After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw.
-  7. Gently pull the condom off the penis, making sure that semen doesn't spill out.
-  8. Wrap the used condom in tissue paper and throw it in the trash.