

# 愛滋病

儘早知 及早醫  
AIDS 為健康 做測試  
Test Early Treat Early  
For Your Health Get Tested



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Produced by Red Ribbon Centre - UNAIDS Collaborating Centre for Technical Support, Hong Kong

在進行「愛滋病病毒抗體測試」前，  
你需要認識一些有關愛滋病的資料...

## 「愛滋病」是什麼？

**愛滋病** (後天免疫力缺乏症) 是由愛滋病病毒 (人類免疫力缺乏病毒) 所引起。在感染後，病毒會逐漸破壞身體內的CD4淋巴細胞 (白血球的一種)，從而使患者的免疫力下降，產生各種「機會性感染」和腫瘤，最終導致死亡。

## 「愛滋病病毒」是如何傳染的？

**愛滋病病毒** 主要存在於感染者的血液、精液和陰道分泌內。在香港，超過百分之七十的感染者是經性接觸傳染 (包括陰道交、肛交及口交)，其餘是由吸毒者共用針具注射毒品、或輸入帶有病毒的血液、血液製品而受到感染。受感染婦女在懷孕、分娩或哺乳期間也可將病毒傳給嬰兒。一般社交接觸，例如：握手、擁抱、吻面頰、一同進食、上課、工作等都不會感染愛滋病病毒。此外，醫學界亦沒有證據顯示蚊叮蟲咬可以傳播愛滋病。

## 「愛滋病病毒抗體測試」是什麼？

當人體受到愛滋病病毒入侵，免疫系統便會逐漸產生抗體來抵禦病毒。「愛滋病病毒抗體測試」能檢出血液內有否這種抗體，以確定是否受感染。測試結果呈**陽性**即表示已受感染；若在「空窗期」過後進行測試，結果呈**陰性**，即表示沒有受感染。

## 「空窗期」是什麼？

**空窗期**：從身體受愛滋病病毒感染開始，直至抗體測試能測出陽性的一段時間，一般為三個月。已受愛滋病病毒感染的人士，若在「空窗期」內接受抗體測試，結果可能呈陰性，但其實，體內已帶有愛滋病病毒，能將其傳染他人。

## 什麼情況下需要進行「愛滋病病毒抗體測試」？

如你或你的伴侶曾經 (一) 患有性病、(二) 進行不安全性行為 (沒戴安全套)、(三) 共用針具，就有需要進行「愛滋病病毒抗體測試」。

## 「愛滋病病毒抗體快速測試」是什麼？

傳統的抗體測試 (抽血) 需要大約一週才有結果，「快速測試」(篤手指) 則只需二十分鐘。因此「快速測試」可用於臨床即時檢測，例如：為緊急分娩孕婦進行測試。此外，它也有助高風險人士瞭解自己的愛滋病感染情況，及可應用於外展場地，例如：同志桑拿。

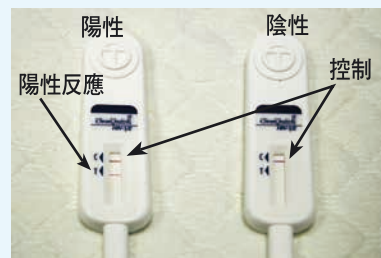
## 快速測試如何進行？



指頭採血



把採血棒放入樣本瓶中攪拌



測試結果

請留意：快速測試只能作為篩查檢驗，任何陽性結果都必須再從靜脈抽血，送往化驗所作確診。

## 「儘早知、及早醫」有什麼好處？

### A) 為自己

有人因為愛滋病不能根治而拒絕接受測試及治療。其實，現在**抗愛滋病病毒藥物治療**已非常進步，能有效壓抑病毒在體內繁殖，並能預防相關的「機會性感染」，生存率亦已大大提高。若在感染早期就被診斷出，治療效果就更為顯著。總括來說，在免疫系統未受嚴重破壞之前開始服藥，能有效控制病情發展。

### B) 為伴侶

近年**抗愛滋病病毒藥物治療**已被證實能預防愛滋病病毒經性接觸繼續傳播開去，其效果十分顯著。因此，及早接受治療，無論對感染者本身，及其伴侶都有莫大益處。

## 請切記：

無論你的測試結果如何，每次性接觸時必須正確使用安全套，切勿與他人共用針具，以保護自己及性伴侶免受感染。

## 如何尋求協助？

如對愛滋病有任何疑問，或想進行愛滋病病毒抗體測試，請即致電愛滋熱線2780-2211。中心的護士輔導員可為你安排預約免費、保密、及不記名的測試。

## 相關資訊

- 衛生署愛滋熱線：(852) 2780 2211
- 衛生署網頁：www.dh.gov.hk
- 香港愛滋病網上辦公室：www.aids.gov.hk

## Before you get an HIV antibody Test, you should know...

### What is AIDS?

**AIDS** (Acquired Immune Deficiency Syndrome) is caused by **HIV** (Human Immunodeficiency Virus). After a person gets infected, the virus will gradually destroy the CD4 lymphocytes (a kind of white blood cells) in human body, lower the person's immunity, cause various opportunistic infections and tumours, and ultimately lead to death.

### How is HIV transmitted?

HIV mainly resides in blood, semen and vaginal secretions. In Hong Kong, more than 70% of cases are infected through sexual contact (including vaginal sex, anal sex and oral sex). The rest are transmitted through sharing injection tools for drug taking, or transfusion of HIV-contaminated blood or blood products. Infected mothers can also transmit the virus to their babies during pregnancy, delivery and breast-feeding periods. Social contact such as shaking hands, hugging, kissing cheek, sharing meals, going to school or working together **will not** transmit HIV. No medical evidence has shown insect bites (e.g. mosquitoes) would transmit HIV.

### What is HIV antibody test?

After you get infected with HIV, your immune system will start to produce antibodies to fight against it. HIV antibody test, by detecting antibodies, can diagnose whether you have been infected. A **positive** test result shows that you are **infected**, while a **negative** result shown **after the window period** means you are **not infected**.

### What is Window Period?

**Window period** is the period between the moment you get infected with HIV and when the antibody test shows a positive result. The window period of HIV antibody test is 3 months. During that period, an infected person can transmit the virus to other people even though his HIV antibody test remains negative.

### Should I have an HIV antibody test?

You need an HIV antibody test if either you or your sexual partner has **ever** got: 1) sexually transmitted infections, 2) unprotected sex, or 3) shared needles with somebody.

### What is HIV antibody rapid test ?

A conventional HIV test (blood taking from vein) takes around 1 week for the result, whereas rapid test (finger prick) only requires 20 minutes. Rapid test is therefore particularly useful in some point-of-care settings, e.g. for testing late-presenting pregnant women for emergency labour. The rapid test also helps improve the testing coverage of at-risk populations when being used in out-reach settings, e.g. gay saunas.

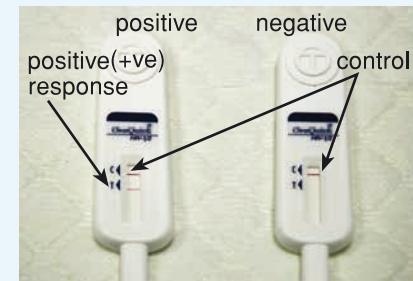
### How is it performed?



Finger prick for blood taking



Put the loop (with blood) into the test kit



Test result

**Please note: Rapid test is only a screening test. Any positive rapid test result should be followed by confirmatory test of venous blood conducted by a laboratory.**

### What are the benefits of "early testing and early treatment" ?

#### A) For yourself

Some people refuse to test for HIV or receive any treatment because there is no cure for AIDS. The fact is that nowadays **antiretroviral therapy** can effectively suppress HIV, prevent opportunistic infections, and increase the survival rate. The treatment result is most prominent if a patient is diagnosed and treated early. Receiving treatment before the immune system is seriously damaged can effectively control the progress of the disease.

#### B) For your partners

Studies have proven beyond doubt that **antiretroviral therapy** can significantly prevent HIV transmission through sexual contact. Therefore, early HIV testing and treatment can benefit both you and your partners.

### Important notes:

**To protect yourself and your sexual partners, please use condom properly whenever having sex, and do not share needles with anybody, whatever your HIV test result is.**

### Where can I seek for help?

**If you have any question on AIDS, or wish to have an HIV antibody test, please call the AIDS Hotline: 2780-2211. The nurse counsellor can make an appointment for you. The testing service is free, anonymous and confidential.**

### Related information

- AIDS Hotline of the Department of Health: (852) 2780 2211
- Department of Health website : [www.dh.gov.hk](http://www.dh.gov.hk)
- Virtual AIDS Office of Hong Kong: [www.aids.gov.hk](http://www.aids.gov.hk)