

# 致婦女們



## TO: WOMEN

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## TO: WOMEN

### What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. It is a chronic infectious disease caused by a virus, HIV. Being infected with HIV means that the virus has entered the body, but the person is not yet sick. AIDS is the stage of HIV-infection in which the virus has damaged the body's ability to fight illnesses.

At the present time, there is no cure, but treatments are available to prolong life. To protect yourself from AIDS, you must avoid being infected by the virus. You can't get HIV through casual contact.

### Can Women Get AIDS?

**YES!** Many women, including Asian women, have AIDS. AIDS is not found only among gays and IV drug users. Most women get HIV/AIDS through heterosexual contact with HIV-positive individuals.

### How Can Women Get HIV-Infection?

By...

- **Having unprotected sex with an infected partner** (Including vaginal, anal, and oral sex). HIV can be found in blood, semen, and vaginal secretions.
- **Sharing intravenous needles and drug paraphernalia with an infected partner.**

### Can You Tell Who is HIV-Infected?

You can't tell if someone has an HIV-infection. A person with HIV may not show any symptoms for a long time and may not even know he/she is infected. Only a blood test can reveal if someone is infected.

The virus can stay in the body from several weeks to 10 years or more before the person has AIDS. During this period, an infected person can transmit the virus to others through sex or needle sharing.

### Protect Yourself

#### 1) **Be smart about sex**

Although women have been stereotyped as passive and submissive, women should be able to make their own choices and decisions. Be smart about whom you have sex with.

If you are unsure, ask your partner to use a latex condom during sex. When properly used, condoms can help prevent the transmission of HIV and other sexually transmitted diseases, but cannot guarantee total protection.

#### 2) **Do not shoot drugs, and never share needles.**

If you do shoot drugs, use clean needles. If you want drug treatment information, call the AIDS hotline number.

#### 3) **Infants can get infected with HIV** during pregnancy, at birth, or through infected breast milk.

### For Information, Counseling, Testing, and Referrals

- Call the NYC Department of Health's AIDS Hotline 1-800-825-5448 or 1-800-TALK-HIV
- Chinese-American Planning Council: HIV/AIDS Services  
Hotline: (212) 941-7992  
Email: [cpchiv@cpchiv.org](mailto:cpchiv@cpchiv.org)  
Website: [www.cpchiv.org](http://www.cpchiv.org)

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## 愛滋病是甚麼？

愛滋病（AIDS）是獲得性免疫功能缺乏綜合症簡稱。它是一種慢性傳染性疾病，由愛滋病病毒（HIV）引起的。感染了愛滋病病毒是指一個人被這種病毒侵入體內，但未發病。愛滋病是指感染了愛滋病病毒之後，身體抵抗疾病的能力被此病毒破壞的階段。

目前雖未能治癒愛滋病，但有些治療可以延長生命。想要保護你自己不得愛滋病，你必須避免感染此種病毒，一般的接觸是不會使你感染到愛滋病病毒的。

## 婦女也會得愛滋病嗎？

是的。愛滋病並非僅見於男同性戀者和注射毒品的人，很多婦女，包括亞裔婦女，已經因愛滋病病倒了。

## 婦女是怎樣感染到愛滋病病毒的？

是通過...

- 與感染了愛滋病病毒的性伴侶性交而不用安全套（包括陰道交、肛交和口交）。因為愛滋病病毒存在於感染者的血液、精液和陰道液中。

- 與感染了愛滋病病毒的人共用注射針和注射毒品的器具。

## 你能看出誰感染了愛滋病病毒嗎？

你不能從一個人的外表看出他是否感染了愛滋病病毒。感染了愛滋病病毒的人可能長期不表現病狀，他們甚至連自己已經被感染也不知道。只有一種血液測驗可檢出一個人是否被感染了。

此病毒可潛伏在體內數週至十年甚至更久才使人發生愛滋病而病倒。在此期間，愛滋病病毒感染者可以通過性交或共用注射針而將病毒傳給別人。

## 保護你自己

### (1) 對性行為要明智

雖然中國婦女在性行為方面上比較傳統，一向採取被動，依順的態度，現在的婦女應該自己作選擇和決定。和誰發生性關係必須明智。

如果你不明確性伴侶的健康狀況，性交時要他用乳膠安全套。如能正確使用安全套，可助防止愛滋病病毒及其他性傳染病的傳播，但不能起到絕對的保護作用。

### (2) 不要注射毒品，更不要和別人共用注射針

如果你注射毒品，就用清潔的注射針。如果你需要戒毒的資料，打電話給愛滋病熱線吧。

### (3) 嬰兒可能感染愛滋病病毒

感染了愛滋病病毒的婦女可能在懷孕期、分娩時、或通過哺乳使嬰兒受感染。

## 諮詢、輔導、血液測驗和轉介

- 可打電話至紐約市衛生局愛滋病熱線電話：  
1-800-825-5448 or 1-800-TALK-HIV
- 華策會愛滋病服務  
熱線：（212）941-7992  
電郵地址：[cpchiv@cpchiv.org](mailto:cpchiv@cpchiv.org)  
網站：[www.cpchiv.org](http://www.cpchiv.org)

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