

我係 A-test達人

BE A SMART A-TEST TAKER



「年年驗身」已成為大部份市民的良好習慣，但除了基本的都市病健康檢驗外，你又有否曾接受過愛滋病毒抗體測試呢？為呼籲大眾更透徹了解自己的健康狀況，本會推出「A-test taker」測試計劃，以推廣每年進行一次愛滋病毒抗體測試的健康檢查。

定期接受愛滋病毒抗體測試

說起愛滋病毒，或許有人認為只要保持「固定伴侶」就毫無風險，沒有測試的必要。據本會調查發現，大多數人認為「固定伴侶」比較可靠，甚至認為與「固定伴侶」發生性行為就無需使用安全套。然而，「固定伴侶」只是一個相對的概念，有人認為「一生一世」為之固定，亦有人認為關係維持一個月已屬固定。試想，假如性伴侶過去與其他人發生過不安全性行為，而當中有愛滋病毒感染者，你的性伴侶有可能已受感染，你亦有機會感染到愛滋病毒。

進行性行為時使用安全套能阻隔對方的精液、陰道分泌物和血液，大大減低感染愛滋病和性病的風險。然而，為著對自己的性健康狀況有最徹底的了解，本會建議曾經發生過性行為的人士應每年至少接受一次愛滋病毒抗體測試。

曾經於本會活動公開接受愛滋病毒抗體測試的名人盧覓雪小姐 (Michelle) 指出，她作為一個負責任的伴侶，承諾每年定期接受愛滋病毒抗體測試，並呼籲市民大眾每年接受測試，作為基本的體檢項目之一，

就如量血壓和驗糖尿一樣，好讓自己更了解自己的健康狀況。

本會一直於不同地點為市民提供免費、不記名及保密的愛滋病毒抗體測試。快速測試只需從手指尖取少許血液樣本，15分鐘內便得知結果。接受測試的人士，需要確保自己於發生不安全性行為後的3個月才可以進行測試。預約測試或對愛滋病有任何疑問，請致電本會護助熱線 2513 0513 查詢。

Undergoing an annual health checkup has become a routine for the majority of us. However, besides the basic checks, have you ever taken an HIV antibody test? With a view to calling on the public to have a more thorough understanding of their health, the Foundation recently launched an annual HIV antibody test scheme: the “A-test Taker”.



盧覓雪接受愛滋病毒抗體測試
Michelle taking an HIV antibody test

When talking about HIV, people may think that as long as they have a “regular partner”, there will be no risk and hence no testing is needed. According to a survey conducted by the Foundation, most people believed that having a “regular partner” was secure enough that they do not need using a condom. Some even thought that a condom was not necessary when having sex with their own “regular”. However, “regular partner” is a relative concept. “Regular” partner to some people means “for the whole life”, while others may see that maintaining a relationship with someone for one month is absolutely regular. Consider this: if your sex partner

has, on one occasion, had unsafe sex with someone and that person was HIV infected, then your partner may have already been infected and you too will inevitably be at risk.

Using a condom during sex can prevent contacting semen, vaginal discharge and blood, and hence can substantially reduce the risk of contracting HIV and other sexually transmitted diseases. However, in order to have a thorough understanding of your sexual health, HKAF strongly encourages people who have had any unsafe sex or engaged in any high-risk sexual behaviour should take an HIV anti body test at least once a year.

Ms Michelle Lo had undertaken HIV antibody test openly at one HKAF event last year. Being a responsible partner, she promised to undertake regular annual HIV antibody test. Michelle also called on the public to undertake an annual test, as the HIV testing should be treated as one of the items to perform annually like measuring blood pressure or checking for diabetes, so as to know more about their own health situation.

HKAF has been providing free, anonymous, and confidential HIV antibody test for the public. For the rapid test, blood droplets will be taken from a finger tip and result will be available within 15 minutes. People who need to take an HIV test must ensure that they do so 3 months after having an unsafe sex. To book a test or make any enquiries about HIV/AIDS, please call the helpline of HKAF at 2513 0513.

以巴士車身及地鐵燈箱廣告向大眾宣傳愛滋病毒抗體測試的重要

To raise the public's awareness of HIV antibody test, HKAF placed advertisement on bus-body and MTR lightbox.



免費索取精美 安全套套裝

CONDOM PACK GIVE-AWAY



為慶祝香港愛滋病基金會成立25週年，本會現免費送出50套「Love with Sextitude」鐵盒連安全套套裝。只要讚好本會 Facebook 專頁 (Hong Kong AIDS Foundation)，然後將以下問題的答案連同填妥的表格寄回本會，即有機會得獎，名額50個，截止日期為2016年11月30日。

To celebrate the Hong Kong AIDS Foundation's 25th Anniversary, HKAF gives away 50 sets of "Love with Sextitude" tin can with condom combo set. To win the prize, please "like" HKAF's Facebook page (Hong Kong AIDS Foundation), answer the following question and send us the completed form by mail. The deadline is on 30 November 2016.

請將表格郵寄至「香港筲箕灣柴灣道8號筲箕灣賽馬會診所5樓傳訊部收」，或電郵至 hkaf@hkaf.com。每人限參加一次。

Please return the completed form by mail to "Communications Section, 5/F, Shaukeiwan Jockey Club Clinic, 8 Chai Wan Road, Shaukeiwan, Hong Kong"; or email to: hkaf@hkaf.com. Each participant is eligible for one entry only.

查詢 ENQUIRY:
hkaf@hkaf.com

問題：請寫出本會的護助熱線電話號碼？

QUESTION: WHAT IS THE NUMBER OF HKAF'S HELPLINE?

答案

Answer:

姓名 Name : _____ (中文) _____ (Eng)

聯絡電話 Tel : _____

通訊地址 Address : _____

 Facebook 用戶名稱 user name : _____

您的支持 WE NEED YOUR PARTICIPATION AND SUPPORT

義工參與 VOLUNTEER TEAM

歡迎學生、在職人士及關注愛滋病的朋友成為本會義工，協助推展預防教育和支援服務。有關詳情，請瀏覽本會網頁：www.aids.org.hk。

To support our preventive education and services for the affected, students, professionals and those supportive of the AIDS cause are welcome to join our volunteer team. Please visit our website for details : www.aids.org.hk.

捐款 DONATIONS

透過以下方法進行單次或每月捐款，支持本會的愛滋病預防教育及支援服務。

To support the work of HKAF, you can make general or monthly donation through the following methods.

- **支票** 抬頭請註明「香港愛滋病基金會有限公司」
- **直接存款** 匯豐銀行：047-223532-001
恆生銀行：289-159345-001
- **繳費靈** 商戶編號：9266
【電話：18033；網頁：ppshk.com】
- **信用卡或自動轉帳**

- **Cheque** Please make it payable to
“The Hong Kong AIDS Foundation Limited”
- **Direct deposit** HSBC: 047-223532-001
Hang Seng Bank: 289-159345-001
- **PPS Merchant** Code: 9266
[Tel: 18033; Website: ppshk.com]
- **Credit card or autopay service**

請填妥此捐款表格並寄回或傳真至本會，或於本會網頁下載。

Please return the completed donation form to HKAF by mail or fax. Donation form can be downloaded from our website.

捐款人/公司 Name of Donor / Company:

聯絡人 Contact Person:

填寫日期 Filling Date:

電話 Tel:

電郵地址 Email:

地址 Address:

☐ 一次性捐款 One-off Donation / ☐ 每月捐款 Monthly Donation

☐ HK\$300 ☐ HK\$500 ☐ HK\$1,000 ☐ 其他金額 Other Amount HK\$ _____

捐款方法 Methods of Donation

☐ **劃線支票 By Cheque:** (支票抬頭請註明「香港愛滋病基金會有限公司」 Please make it payable to “The Hong Kong AIDS Foundation Limited”)
銀行 Bank: _____ 支票號碼 Cheque Number: _____

☐ **直接存款 Direct Deposit:** (請附夾入數紙/存款收據 Please attach the pay-in slip)
戶口名稱：「香港愛滋病基金會有限公司」 Account Name: “The Hong Kong AIDS Foundation Limited”

☐ 匯豐銀行 Hong Kong Bank 047-223532-001 ☐ 恆生銀行 Hang Seng Bank 289-159345-001 入數日期 Date of Transaction: _____

☐ **繳費靈 PPS:** (請附夾入數紙/存款收據 Please attach the pay-in slip)
商戶名稱：「香港愛滋病基金會有限公司」；商戶編號：9266 Merchant Name: Hong Kong AIDS Foundation ; Merchant Code: 9266
【電話 Tel：18033；網頁 Website：ppshk.com】

確認編號 Confirmation Number: _____ 入數日期 Date of Transaction: _____

☐ **信用卡 Credit Card:** ☐ VISA Card ☐ MASTER Card

信用卡簽發銀行 Credit Card Issuing Bank: _____

信用卡號碼 Credit Card Number: _____

信用卡持有人姓名 Name of Cardholder: _____

信用卡有效期至 ____ 月 ____ 年 (三個月內有效)
Card Expiry Date ____ MM/ ____ YY (Should be valid for the next 3 months)

信用卡持有人簽名 Signature of Cardholder: " _____

日期 Date: _____

* 信用卡持有人簽名必需與閣下之信用卡簽名完全相同，表格上如有任何塗改，請在旁加簽。
If you are making donations by credit card, please ensure that you sign the form as well as any alterations in the same ways as you sign your credit card account.

請填妥以上表格連同劃線支票、入數紙/存款收據、入賬通知書或交易紀錄寄回或傳真至香港愛滋病基金會。凡捐款港幣一百元或以上，可獲發捐款收據，並於三個月內寄出。
Please return the completed form to the Hong Kong AIDS Foundation together with the cheque, pay-in slip or transaction record by mail or fax. An official receipt will be issued for donation of HKD \$100 or above within 3 months.

LOVE WITH SEXTITUDE



Regular HIV Testing

Practise Safer sex

Don't Use Expired Condoms

安全至上

Regular HIV Testing

sex with condoms

套有限期

驗血即知

Practise Safer sex

Don't Use Expired Condoms

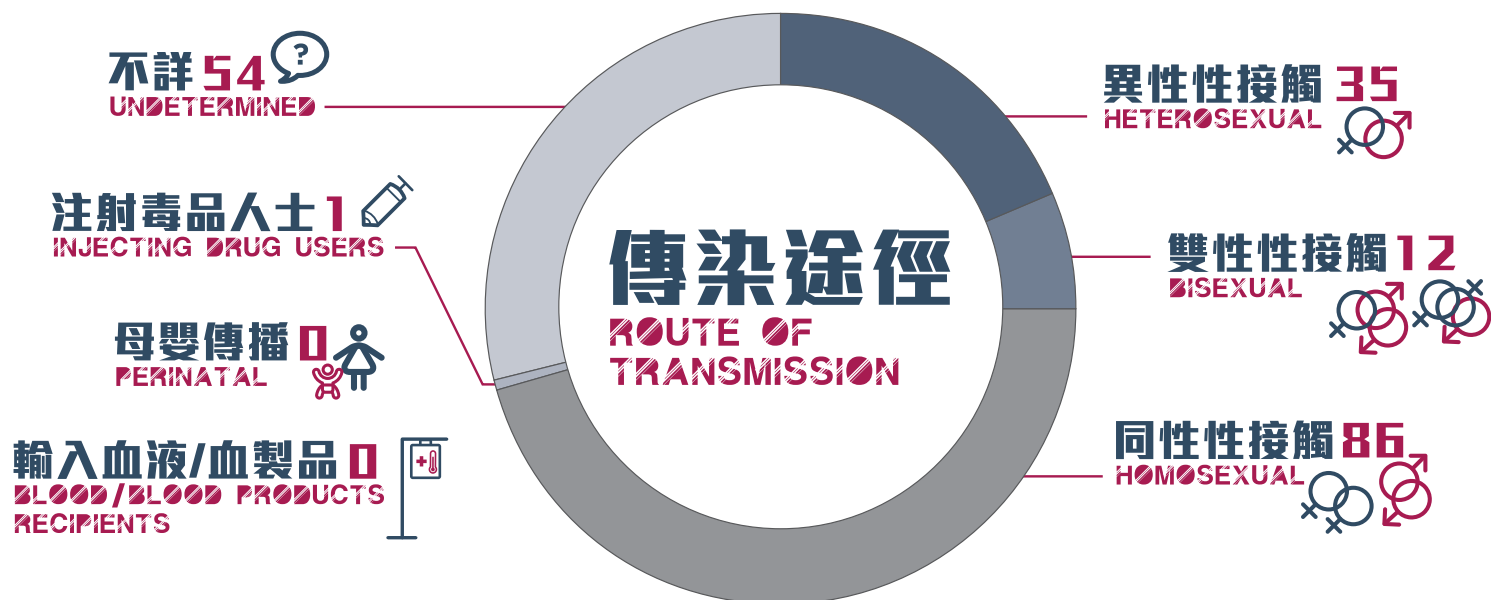
sex with condoms

性事要套

統計數字 STATISTICS

2016 第二季

香港愛滋病毒感染數字 截至二零一六年六月三十日
HIV STATISTICS IN HONG KONG updated 30 June 2016

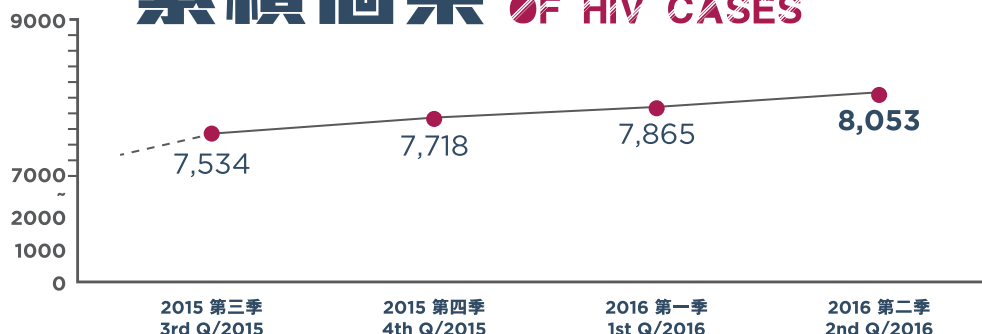


總計 TOTAL: 188

性別 SEX



累積個案 CUMULATIVE NUMBER OF HIV CASES



香港愛滋病基金會

HONG KONG AIDS FOUNDATION

於1991年成立，以遏止愛滋病的蔓延為宗旨。一直以來，本會積極推行愛滋病預防教育、為受愛滋病毒病感染或影響的人提供所需服務，以及竭力締造一個和諧、共融和彼此接納的社會環境。

HKAF was established in 1991 and its mission is to curb the spread of HIV infection. Throughout the years, we have been actively engaged in the promotion of AIDS education, the provision of service, and the nurturing of a harmonious and caring environment for those infected with or affected by HIV/AIDS.

聯絡我們 • Contact Us :

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筲箕灣賽馬會診所5樓
5/F, Shaukeiwan Jockey Club Clinic,
8 Chai Wan Road, Shaukeiwan, Hong Kong.

- 電話 Tel : (852) 2560 8528
- 傳真 Fax : (852) 2560 4154
- 護助熱線 Helpline : (852) 2513 0513
- 網頁 Website : <http://www.aids.org.hk>
- 電郵 Email : hkaf@hkaf.com
- Facebook : Hong Kong AIDS Foundation