

# 你並非孤立一人

chinese • english



## you are not alone

Updated June 2015

Published February 2000  
Australian Federation of AIDS Organisations  
PO Box 876 DARLINGHURST NSW 2010

Researched and written by the Cross Cultural Project  
Victorian AIDS Council / Gay Men's Health Centre

Edited and designed by Social Change Media (03) 9642 3966

你感染了 HIV (人類免疫缺陷病毒)。  
現在最重要的是照顧好你的身體。

So you have HIV.

It is now very important that  
you look after your health.



感染了 HIV 的大多數男女及兒童  
很多年都會健康無恙。



Most men, women  
and children who have  
HIV will feel healthy  
and well for many years.

感染了 HIV 並不說明你將死亡  
或患有 AIDS (艾滋病)，  
也並不說明你立即會病倒。

Having HIV does NOT mean you  
are dying or that you have AIDS.

It does NOT mean that you are  
going to get sick immediately.

有些人感染了 HIV，  
就覺得出了大問題。  
有時候他們會感到很悲傷。

Some people find life  
with HIV difficult.

如果你也有同感，某些服務機構  
能夠為你提供幫助。  
此小冊子的後面列出了部份服務機構。

If you feel this way too, there  
are services which can help.

Some of these  
services are listed at the  
back of this booklet.



你可以不讓別人知道你感染了 HIV，  
但你也可告訴別人。這是你自己的決定。



You might decide to keep your  
HIV status private.  
Or you might choose  
to tell some people.  
It is your decision.

即使醫生、護士或其他保健機構未  
經你的同意也不得告訴任何  
人你感染了 HIV，這樣做是違法的。

Even doctors, nurses or other  
health services cannot tell  
anyone else that you have HIV  
without your permission.  
It is against the law.

人人都可獲得 HIV 醫療服務。

HIV medical services are  
available to everyone.



HIV 是一種病毒。  
病毒是一種能侵入人體血  
液致使人得病的微生物。

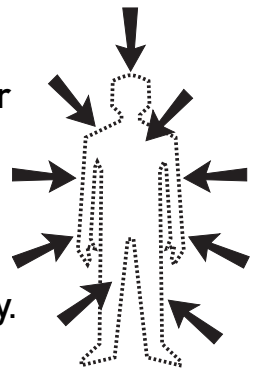
HIV is a virus.  
A virus is a tiny organism  
which can enter your blood  
and make you ill.

人體免疫系統通常能夠抵抗侵入血液的疾病或病毒。人生病後，免疫系統常能幫助病人康復。

The immune system normally fights any disease or virus which enters your blood. The immune system normally helps you to get better when you are ill.

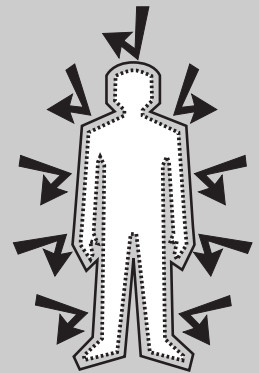
HIV 是侵襲人體免疫系統的一種病毒，它削弱人的抗病能力。如果 HIV 削弱了你的免疫系統的防衛能力，你就更容易得病。

HIV is a virus which attacks and weakens your immune system.  
If HIV weakens your immune system, you can become ill more easily.



照顧自己的身體，保護自己的免疫系統，這是非常重要的。

It is important to look after your health and protect your immune system.



欲知怎樣保護自己的免疫系統免受 HIV 的侵襲，請撥打此小冊子後面所列出的電話號碼。

To find out how to protect your immune system from HIV, call one of the telephone numbers listed at the back of this booklet.

我們平時只是在生病時才想起醫生，但是醫生也能幫助我們保持健康。

We usually think of doctors only when we are sick. But doctors can also help us to stay healthy.



西醫可定期檢測你的免疫系統的抗病能力，幫助你保持健康。這稱作 "監視你的健康"。

A Western medical doctor can help you stay healthy by regularly measuring the strength of your immune system. This is called 'monitoring your health'.

醫生若要監視你的健康，需抽取少量血液，測定其中的 HIV 含量。這稱作 "病毒量"。



To monitor your health, the doctor will take a small amount of blood from you and measure how much HIV is in it. This is called your 'viral load'.

如果你的病毒量較低，就表明病毒對你的免疫系統損害不大。

If your viral load is low, this means that the virus is doing less damage to your immune system.

醫生還能夠通過計數你血液中的 CD4 細胞數量來測量你的免疫系統抗病能力，這稱作 "CD4 計數"。

Your doctor can also measure how healthy your immune system is by counting the CD4 cells in your blood. This is called your 'CD4 count'.



CD4 細胞協助人體抵抗疾病。如果你的 CD4 計數較高，就說明你的免疫系統的抗病能力較強。

CD4 cells help your body to fight illness. If your CD4 count is high, this means your immune system has the strength to fight off illness.

監視你的健康有助於你及醫生  
決定最有效的藥物及服藥時間。

Monitoring your health helps you and your doctor to work out which medicines will work best for you, and when you should take them.

有多種西藥能夠阻止 HIV  
損害你的免疫系統，  
從而幫助你保持健康。



There are different types of Western medicine which help you to stay healthy by stopping HIV from damaging your immune system.

有些人喜歡同時看西醫和  
中醫或針灸醫師等傳統醫師。

Some people prefer to see both Western doctors and practitioners of traditional medicine such as herbalists or acupuncturists.

如果你同時看幾個醫生，  
就應當讓醫生知道你還  
在接受其它治療。這將有助於這些醫生  
為你選擇最佳的治療方法。



If you are seeing more than one healer, you should let them know about the other treatments you are having. This will help each of them to choose the best treatment for you.

你感染了 HIV 後仍然可以生孩子。  
現有一些方法能夠減少你的  
孩子先天感染 HIV 的可能。

It is possible to have children when you have HIV.

There are ways to reduce the chance of your baby being born with HIV.



不過，這不能保證。

欲知詳情，可詢問醫生，  
或撥打此小冊子後面所列出的電話號碼。

However, there are no guarantees.

To find out more, speak to your  
doctor or call the services listed at  
the back of this booklet.

在服用 HIV 藥品的同時使用某  
些娛樂性毒品是很危險的。

你應當與醫生討論此事，  
這點非常重要。

Taking some recreational drugs  
when you are also taking HIV  
medicine can be dangerous.  
It is important to talk with your  
doctor about this.

未經你的同意，醫生不得將你的  
娛樂性藥品使用情況告訴任何人。



Your doctor is not allowed to tell  
anyone else about your drug use  
without your permission.

如果你希望說中文，  
翻譯員可以提供幫助。  
中文翻譯員並不一定是華人。  
有些澳洲人也會說中文。

If you prefer to speak your language,  
there are interpreters available. The  
interpreter does not have to  
be of your nationality.

Some people from other  
communities can speak  
your language.



此小冊子後面列出的服務  
機構可以幫助你與翻譯員聯繫。  
請記住：未經你的同意，翻譯員或服務  
機構不得告訴任何人你感染了 HIV，  
這樣做是違法的。

The services listed at the back  
of this booklet can help you contact  
an interpreter.

Remember: it is against the law for  
any interpreter or health service to  
tell someone else that you have HIV  
without your permission.

AIDS Councils 提供諮詢和支持，  
並告訴你現有哪些 HIV  
患者特別服務機構。他們還可向你提供有關  
HIV 藥品的訊息和指導。



AIDS Councils offer counselling,  
support and can tell you about special  
services for people who have  
HIV. They can also give you  
information and advice about  
HIV medicines.

HIV 患者也可參加一些活動小組。  
這些小組的名稱是 "PLWHA 小組"，  
意思是 "HIV 及 AIDS 患者小組"。  
各州都有 PLWHA 小組。

There are also groups for  
people with HIV.

They are called 'PLWHA groups',  
which stands for 'People Living With  
HIV and AIDS'. There are PLWHA  
groups in each State and Territory.

AIDS Councils 和 PLWHA 小組幫助  
HIV 患者互相交流學習感染了 HIV  
後怎樣更好地生活。如果你希望說中文，  
他們還可以幫助安排翻譯員。

AIDS Councils and PLWHA groups  
help people who have HIV to learn  
from each other about how to make  
it easier to live with HIV.

They can help arrange for an  
interpreter if you prefer to speak  
your language.

## AIDS Councils phone numbers:

AIDS Councils 電話號碼：

ACT	02 6257 2855
NSW	02 9206 2000
NT	08 8944 7777
QLD	07 3017 1777
TAS	03 6234 1242
VIC	03 9865 6700
WA	08 9482 0000

## PLWHA groups phone numbers:

PLWHA 小組電話號碼：

NSW	02 9206 2177
QLD	07 3013 5555
VIC	03 9863 8733
NAPWHA	02 8568 0300

