



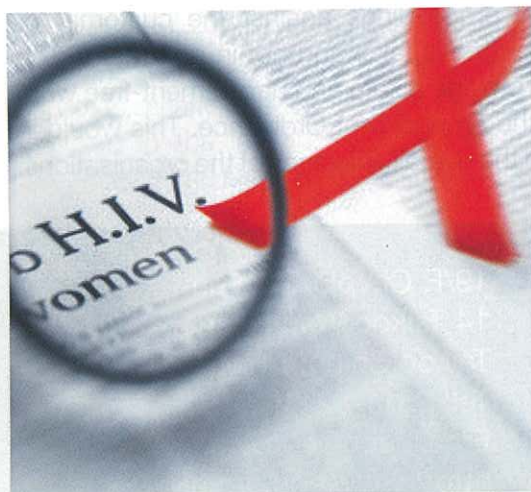
TO FIGHT AGAINST HIV AMONG NON-CHINESE ASIANS



This project is sponsored by the AIDS Trust Fund



AIDS is a transmissible disease caused by HIV and is deadly. To date HIV prevention program for the ethnic minorities received limited attention. In view of this pressing need and supported by AIDS Trust Fund, the Nethersole school of Nursing, The Chinese University of Hong Kong conduct a "Fight against HIV among non-Chinese Asians" project. The project aims to raise the awareness and knowledge of HIV/AIDS prevention, detection, and treatment with cultural and religion sensitive health contents, rectify the misconceptions of HIV/AIDS and educate them on how to live with HIV-infected people. Particularly for 5 ethnic group (language of the group): Thai (Thai), Vietnamese (Vietnamese), Indian (Hindi), Nepalese (Nepalese), and Pakistani (Urdu). Information about HIV/AIDS, its transmission and prevention will be provide in this and the focusing two issues. More information can be found in the website.



Project Content:

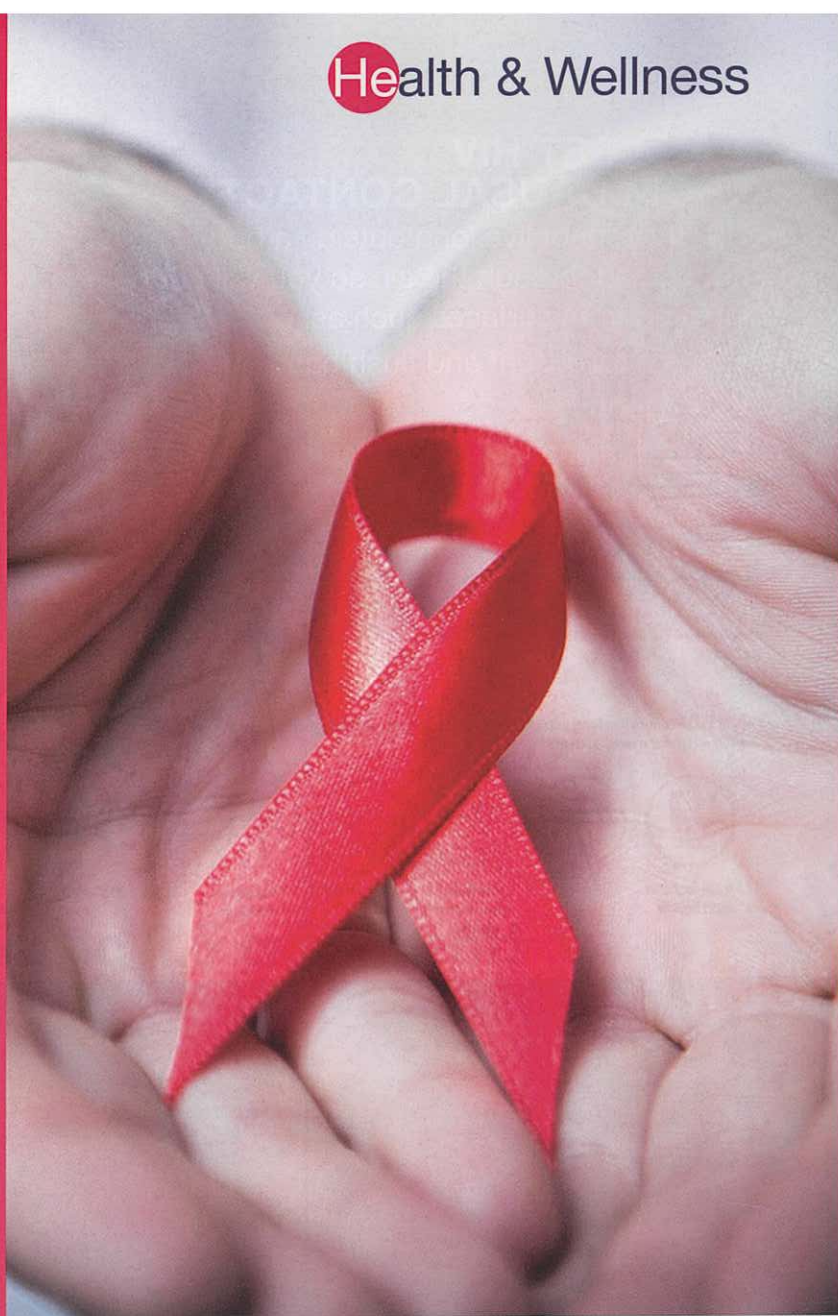
- Health educational talk and Roadshow related to AIDS
- Health education in ethnic radio and newspaper
- Free educational booklets (6 languages: English, Thai, Vietnamese, Hindi, Nepalese, and Urdu)
- AIDS educational Website (6 languages):
<http://againsthiv.nur.cuhk.edu.hk/>
- Free hotline with direct answer: 39439545
(Wed- Fri 5pm-9pm: Hindi, Nepali, Urdu)
- Health check

HIV TRANSMISSION

Human Immunodeficiency Virus (HIV) is an infectious disease that attacks the immune system. The most common route of HIV transmission is having unprotected sex and sharing needles, syringes, and other injection equipment with an HIV-infected person. You are at risk of getting HIV if you do not use condoms with a partner whose HIV status is positive or unknown and share used needles with an infected drug user. Injured by a HIV-contaminated needle stick or sharp (especially for health care workers) Receiving blood transfusions, blood products, or organ/tissue transplants that are contaminated with HIV Mother-child transmission is less common as HIV testing is now available for pregnant women. HIV can be passed from the mother to the infant during pregnancy, delivery and breastfeeding. The risk of transmission is reduced when the infected woman takes medications during pregnancy. HIV can also be spread, though uncommon nowadays, by these routes:

Some body fluids – blood, semen, pre-seminal fluid (pre-cum), rectal fluids, vaginal fluids, and breast milk – carrying HIV from one person can transmit to others. Transmission only occurs when these body fluids come in contact with mucous membrane (such as the mouth, the rectum, genital areas, etc) or damaged tissue or are directly injected into the bloodstream. Therefore, HIV infection can take place even the person has no broken skin and no direct contact with HIV-contaminated blood.

HIV is not transmitted through some other body fluids, including saliva, sweat, tears, feces, urine, vomit and nasal fluid.



RECENT HEALTH EDUCATIONAL TALK/ ROAD SHOW:

Road show
(Nepalese group mailly)

2/3/2015
(MON) 3-6pm

Henry G Leong
Yau Ma Tei
Community
Centre, 60
Public Square
St, Yau Ma Tei

The Society
for the aid and
Rehabilitation
of drug
abusers

Road show
(Thai group mailly)

8/3/2015
(SUN) 3-5 pm

Regal
HongKong
Hotel

Thai Migrant
Workers'
Union
(TMWU)Hong
Kong

**Health
educational
talk**
(Thai group mailly)

29/3/2014
(SUN) 2-4pm

No.61 Lung
Kong Road,
Kowloon City

The Medical
Clinic of Lok
Sin Tong

**Health
educational
talk**
(Vietnamese group mailly)

April (Sun)

Tsing Yi
Vietnamese
temple

Vietnamese
temple

CAN I GET HIV FROM CAUSAL CONTACT?

No HIV cannot live long outside a body and is not spread through the air, so you will not be infected from surfaces such as:

- a toilet seat and flush handle
- food
- drinking glasses and utensils
- a door knob
- a drinking fountain
- a telephone

As HIV is not transmitted through some body fluids like saliva and sweat, social interactions with a HIV-infected person will not get you infected. For instance:

- Having meal together
- Sharing a drinking glass
- Coughing and sneezing of an infected person
- Shaking hands
- Hugging • Social kissing

No HIV cannot live long outside a body and is not spread through the air, so you will not be infected from surfaces such as:



A toilet seat and flush handle



Food



Drinking glasses and utensils



A door knob



A drinking fountain



A telephone

As **HIV is not transmitted** through some body fluids like saliva and sweat, social interactions with a HIV-infected person will not get you infected. For instance:



Having meal together



Sharing a drinking glass



Coughing and sneezing of an infected



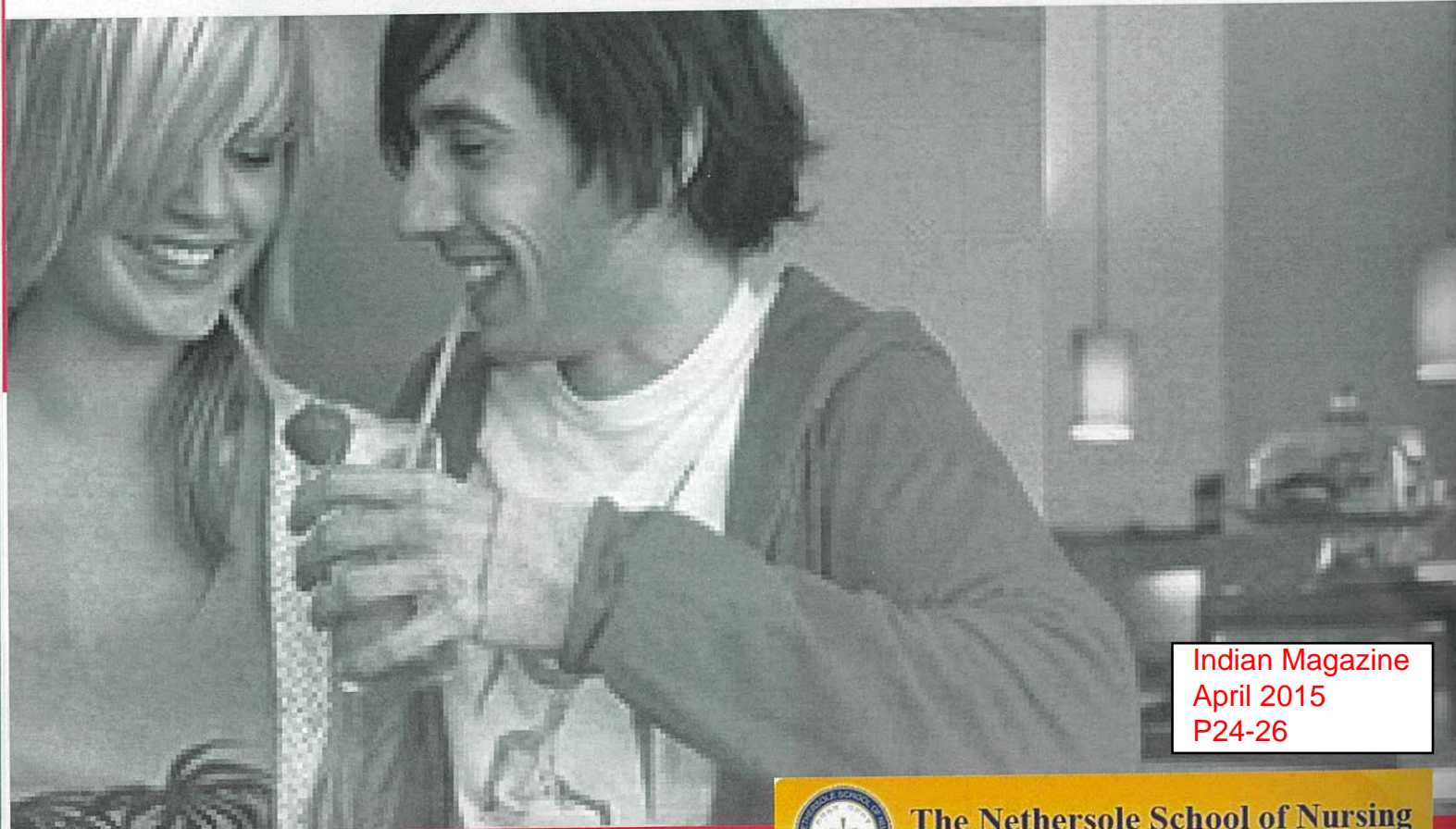
Shaking hands



Hugging



Social kissing



Indian Magazine
April 2015
P24-26

Special thanks to our sponsor "The AIDS Trust Fund"



The Nethersole School of Nursing
The Chinese University of Hong Kong