

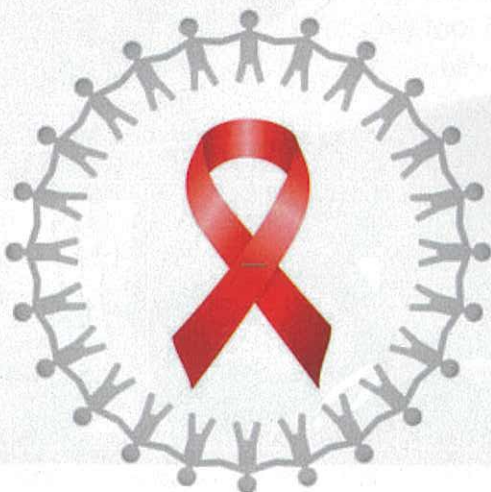
TO **FIGHT AGAINST HIV** AMONG NON-CHINESE ASIANS



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 Netherlands 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

Free hotline TEL: 39439545

(EVERY WED- FRI FROM 5PM-9PM: HINDI, NEPALI, URDU)

एड्स हटलाइन

कलहर्लाइड साँझ ५-९ बजे ससर्ध जयाफ दडिनेछः

सोमवारः मंगलवारः बुधवारखि शुक्रवारः
सथितनामी थाइ दहन्गी, नेपाली, उडिइ

ननःशुल्क सशक्का, परामशड र ससफाररसः
3943-9545

एड्स हॉटलाइन

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वियतनाम थाई हिन्दीए नेपालीए उर्दू

निहृलुक दिक्षाए परामदिए और संदर्भ
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तामोलम दिजम क्लेटम के रूडी

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डुनल क्छातः लकनम म अन्तुः रावमस

म नाल क्लापेन रवा कनम, वुदरा, ममज अत हदप
3943-9545

तपाइको नम्बर र सन्धि हामीकहाँ छोड्नुहोस्,
हामीले तपाइलाइड फोन गतेछौं
<http://againsthiv.nur.cuhk.edu.hk/>

कपया अपना नंबर और संवेदा छोडे हम आपको फिर कॉल करेंगे
<http://againsthiv.nur.cuhk.edu.hk/>

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<http://againsthiv.nur.cuhk.edu.hk/>

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How can I protect myself from HIV infection?

The major routes of HIV transmission are sexual intercourse, sharing needles, syringes and other injection equipment and mother-child transmission. Precautions shall be taken to prevent HIV infection through these measures:

Prevent HIV from sexual intercourse:

- Use condoms correctly and consistently every time when you have sex of any kind. The use of water-based lubricants reduces the risk of condom tears.
- Do not have sex of any kind if condoms are not available.
- Know your HIV status and ask your partner to get tested before you have sex.
- Avoid direct contact with vaginal fluid, semen, and blood during sexual intercourse
- Unprotected sex is safe only if both partners are HIV negative and monogamous (sexually active only with each other). Proper and consistent use of condoms is useful to prevent sexually-transmitted diseases among monogamous partners.
- Get treated if you or your partner have sexually transmitted disease.

Prevent HIV from needle sharing and needle injury:

- Do not use drugs. If you do, do not inject.
- Do not share tattoo and acupuncture needles.
- If you are injected drug user, always use clean needles and injection equipment. Do not share your used needles to others.
- HIV test is available in methadone treatment centres in Hong Kong.
- Dispose used needles and syringes in a rigid, puncture-resistant container such as a biscuit can. When two-third of the container is filled with used sharps, close the lid tightly, seal it with tapes, and label the container as sharps before disposing them with other household waste.
- If you are accidentally struck by another person's used needle or other sharp, wash the exposed area with soap or alcohol-based handrub, and then seek medical attention immediately.

Prevent HIV from contacting body fluids:

- Do not share toothbrush and razor blades.
- Do not expose injured skin. Apply dressing material on injured skin after proper cleansing.
- Wear appropriate personal protective equipment such as disposable gloves when in contact with body fluids. Perform hand hygiene properly afterwards.
- Wash hands immediately and thoroughly after contact with blood or body fluids.

Prevent passing HIV to baby:

Test for HIV status when you plan for a pregnancy or as soon as you find out you are pregnant.

Antiretroviral treatment during pregnancy, labor and delivery greatly reduces the risk of HIV transmission to infant.

Breastfeeding is strongly discouraged to mothers who are HIV positive.

Treatment is available to protect newborn babies from HIV infection.

If you are living with a HIV- infected person

- Practice all preventive measures stated in the previous section. Tell your family member, friend, and partner who are living with HIV to get ART if needed. The treatment will greatly improve their health and reduce the risk of passing the virus to others.
- HIV is not spread by day-to-day contact. Provide social support through keeping social contact with your HIV-positive family member, friend and partner.
- Provide emotional support, such as listening to and encouraging the person.
- Protect your significant others with HIV from other infections by practicing good hygiene and healthy lifestyle together.
- Learn how to give medicine and seek medical care in case of emergency.
- Sharing your frustrations with your friends and seek help from professional bodies if needed. A number of hotlines are available for HIV/AIDS information and HIV testing.
- If you suspect yourself getting infected, talk with a doctor immediately to see if post-exposure prophylaxis treatment is needed.

Proper use of male condom

- Use a new, good quality latex condom and check the expiry date before use.
- Put the condom on before the penis touches the vagina, mouth or anus.
- With care, hold the condom by the tip to squeeze out the air. This allows room for the semen.
- Put the condom on the end of the erect penis. Unroll it onto the erect penis all the way down to the hair.
- Ensure that adequate water-based lubricants are used during vaginal and anal sex. Oil-based lubricants should not be used.
- After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw.
- Gently pull the condom off the penis, making sure that semen doesn't spill out. Wrap the condom in a tissue and throw it in the trash.
- Wrap the condom in a tissue and throw it in the trash.



Proper use of female condom

- Use a new, good-quality condom and check the expiry date every time before use.
- Identify the inner ring located at the closed end of the female condom. Use the thumb, the index finger and the middle finger to squeeze the lower part of the condom.
- Insert the inner ring into the vagina.
- Put a finger inside the female condom to push the inner ring further inside the vagina. The outer ring would be left outside of the vagina.
- After intercourse, twist the outer ring two to three rounds before pulling out the condom to avoid spillage of the semen.

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The Nethersole School of Nursing
The Chinese University of Hong Kong