

SOMETHING POSITIVE

關懷愛滋會訊
AIDS CONCERN
NEWSLETTER



To achieve TRIPLE ZERO -
ZERO new HIV infections, ZERO stigma and ZERO AIDS deaths

「關懷愛滋」成立於1990年，是本港首個關注愛滋病及提供有關服務的非政府慈善組織。我們的願景是在香港建設「三零」社會：零新感染、零標籤及零愛滋病相關死亡。我們將從個人、機構、社會層面出發，帶動全面的社會改變，達至「三零目標」，阻遏愛滋病毒傳播，消除社會對感染者的負面標籤。

AIDS Concern was established in 1990 as the first non-government charity organisation committed to the service of AIDS care in Hong Kong. Our vision is to create "TRIPLE ZERO" Hong Kong, this means ZERO new infections, ZERO stigma and ZERO AIDS deaths. AIDS Concern will lead social changes by individuals, organisations and society to achieve TRIPLE ZERO, to stop the spread of HIV/AIDS and eliminate stigma for people living with HIV.

關懷愛滋榮獲「社區賢匯 - 最具影響力同志共同社區項目2017」 AIDS Concern won the Community Business 2017 LGBT+ Community Impact Award

非牟利機構「社商賢匯」今年舉辦「香港同志共融大獎」，表揚各機構在推動本港社區的同志平權和共融工作。共有多間大型機構提名角逐5項大獎。評審團按企業或項目的策略性、前瞻性、影響力及持續性四個範疇進行考核。當中「關懷愛滋」榮幸奪得2017最具影響力同志共融社區項目，表揚本機構對香港同志共融作出重大貢獻的社區項目。評審團認為「關懷愛滋」的「三零目標在社群」的項目，能教育社群，推廣香港發展成為多元共融的社區，並為愛滋病毒測試服務帶來更正面的果效。

Community Business, a not-for-profit organisation, held Hong Kong's LGBT+ Inclusion Awards this year celebrating organizations which promote LGBT+ equality and inclusion in the workplace and community. There were five LGBT+ Inclusion Awards with many nominations received. The nominations were assessed based on the extent to which they demonstrated that they were strategic, proactive, impactful and sustainable. AIDS Concern is delighted to have won the 2017 LGBT+ Community Impact Award which recognises a community-based LGBT+ initiative. The Community Business judging panel said that AIDS Concern's LGBT Triple Zero project to educate the community and get better HIV testing has had significant positive impact in promoting LGBT+ inclusion in Hong Kong.

評審讚揚我們在同志社群中實行「三零目標」的工作，以及在教育、測試及支援及倡議工作上的成就。The judges were impressed with the LGBT Triple Zero strategic approach adopted by AIDS Concern and the impact which we had shown through our education, testing and support and advocacy work for the LGBT community.



教育
Education

推廣多元共融
LGBT issues
promotion

測試及支援
Testing and
Support



我們循著以下方向進發 We proceed in the following directions:

- 教育同志社群，加深他們愛滋病毒的了解和性健康的重要性
LGBT Community education to build understanding of HIV and the importance of sexual health
- 對相關社群進行教育，以創造一個同志友好環境
Stakeholder education to create a LGBT-friendly environment
- 就支持同志公共服務平台醫療權利進行倡議
Advocacy to support the movement to support LGBT rights in public healthcare platforms



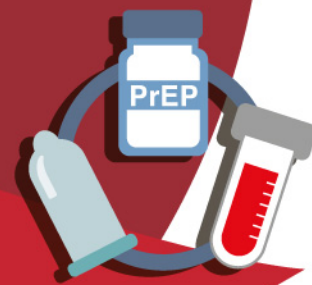
- 去年為男男性接觸者進行3485次愛滋病毒檢測，發現約100個陽性個案，其中九成人接受適切醫療服務。
We have more than 3485 HIV testing, and 100 positive has been found in 2016. 90% of them reached the suitable medical service.
- 透過拍攝短片、製作性教育手冊、舉辦研討會，讓大眾認識多元性社群。
We make videos, publish sexual education handbook and arrange workshops to recognize diversity within the community.
- 於醫療領域推廣同志友善醫療推廣計劃，過百多公立醫生及學生參與。
Promote LGBT-friendly healthcare in the medical field, more than a hundred public system doctors and medical students joined.

愛滋病毒可預防? Is AIDS preventable?



不少醫學報告指出，定期並持續服用接觸前預防性投藥（Pre-Exposure Prophylaxis, PrEP）是其中一個有效減低感染風險的額外措施。在台灣，一名女子與愛滋病毒感染者墜入愛河，女子得知服用PrEP可降低感染風險，在使用安全套並持續服用近一年，未有太大副作用，更安心過性生活。

Research shows that Pre-Exposure Prophylaxis (PrEP) is one effective addition to a whole range of HIV prevention tools. In Taiwan, a woman who fell in love with a HIV positive man. The woman learned that PrEP can reduce the risk of HIV infection; she used condom and took PrEP for nearly a year, with no side effects and no worries about her sexual life.



究竟PrEP是什麼?

PrEP是一種在高風險性行為之前服用的藥物，主要針對預防愛滋病毒感染。常見成份為舒發泰(Truvada)，屬其中一種抗愛滋病毒藥物。

What is PrEP?

PrEP is an anti-HIV medication that can prevent people from getting infected with HIV when they are exposed to the virus. The main HIV drug currently being used as PrEP is called Truvada.

感染及傳染病專科醫生 曾祈恩 (曾)
Dr. Tsang Kay Yan, Joseph, Specialist in Infectious Disease (T)
關懷愛滋高級政策及倡議主任 陳穎芝 (陳)
Sabrina Chan, AIDS Concern Senior and Advocacy Officer (S)

PrEP能有效預防愛滋病毒嗎? Can PrEP be effective in preventing HIV?

曾：據美國臨床測試結果，持續每日服用一粒藥丸能達96%的預防效果。但如果沒有服用足量的藥物或是間斷性服藥，其保護效果就會大打折扣。一般來說，PrEP需要7-20天才能在我們體內產生足夠藥效濃度，以阻隔愛滋病毒。但要注意PrEP不能預防其他性病及取代安全套。

T: According to the iPrEx clinical study in the US, the risk of HIV infection was reduced by 96% among who adhered well to PrEP. However, the protective effect is greatly reduced if the user does not use the drug regularly as prescribed. In general, PrEP takes 7-20 days for different body parts to build up the drug concentration to prevent HIV but it is not a substitute for condoms and cannot prevent other sexually-transmitted infections.

服用PrEP有什麼條件?

Who is suitable to take PrEP?

曾：適合高風險人士，例如性伴侶是愛滋病感染者、性工作者，或服用軟性毒品而容易採取不安全性行為人士等，但PrEP並不適合愛滋病病毒感染者。另外如乙型肝炎患者需確保定期服用，否則容易令乙肝復發，及產生抗藥性。

T: People who are at high risk, such as people who have sex partners who are infected with HIV, sex workers, or people who are taking soft drugs and are prone to risky sexual behavior. However, PrEP is not suitable for people living with HIV. In addition, Hepatitis B patients need to be sure to have regular use of PrEP, if not hepatitis B may relapse and they can develop drug resistance.

PrEP有副作用嗎?

Does PrEP have side-effects?

曾：副作用包括疲倦、體重下降、影響腎功能等，但大部分人不會出現明顯副作用。

T: Side effects include fatigue, weight loss and decreases in kidney function, but for most people the side effects are not strong and are probably temporary.

為何我們致力為社群提供PrEP的資訊?

Why we promote PrEP?

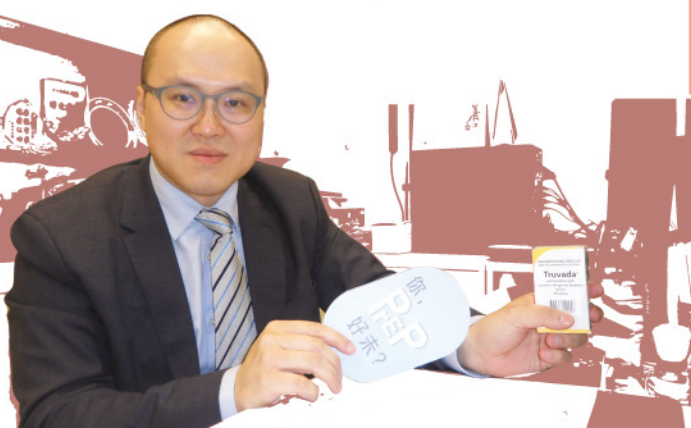
陳：多元防治一直是我們預防愛滋病毒的策略。近3年男同志的測試率上升，但男男性接觸者的感染率仍然持續上升，因此我們急需一個額外的預防措施來更有效地控制病情。

S: AIDS Concern has been supporting comprehensive prevention strategies in HIV. In the past three years, gay men's testing rates increased but the rate of infection among men who have sex with men continues to rise. Therefore we need an extra precaution to control the disease more effectively.

我們在做什麼? What are we doing?

陳：我們正積極向社群推廣PrEP，以免出現「有藥唔識食」的情況，我們強調「PrEP只是一粒藥丸，而是其中一個有效預防愛滋病毒的介入方法，需同時配合安全套、定期檢測及長期密切監察健康狀況。」在政策上，我們一直向政府爭取在本港進行「示範性計劃」，又積極連繫本地學者，完善推行PrEP的模式。

S: AIDS Concern is actively promoting PrEP to the community in order to educate them how to use PrEP. PrEP is not only a pill, but a program for preventing HIV. The use of condoms, testing, and long-term monitoring of health status are indispensable. We have been advocating for pilot studies of PrEP in Hong Kong and actively discussing how to improve access to PrEP with local doctors and academics.



我們在推廣上遇到的困難？

Are there any difficulties in promotion?

陳：藥費無疑是一個重要問題。一般人難以負擔，令使用PrEP的意欲減低。政策上推行「示範性計劃」亦需政府及各界積極支持，投放資源。

S: Medical fee is undoubtedly an important issue. Most people cannot afford to make use of PrEP from a private doctor. The implementation of the pilot studies requires the government and all sectors to actively support. 🌟



在泰國，我們可以一個合理的價錢買到PrEP，關懷愛滋男男性接觸者團隊經理Norman四月到泰國曼谷，了解到不少香港人會到泰國購買PrEP，有當地私家醫生更接收了超過二百個香港人個案，因此關懷愛滋特意印製小冊子在香港教育社群應如何使用PrEP。

Norman又說，最深刻是在一個泰國架空鐵路站見到一個大型廣告（圖），提醒同志注意安全性行為。「每個人一去到個站都會見到，提醒你做測試、戴安全套、食PrEP，咁open去做宣傳，香港好少有。」

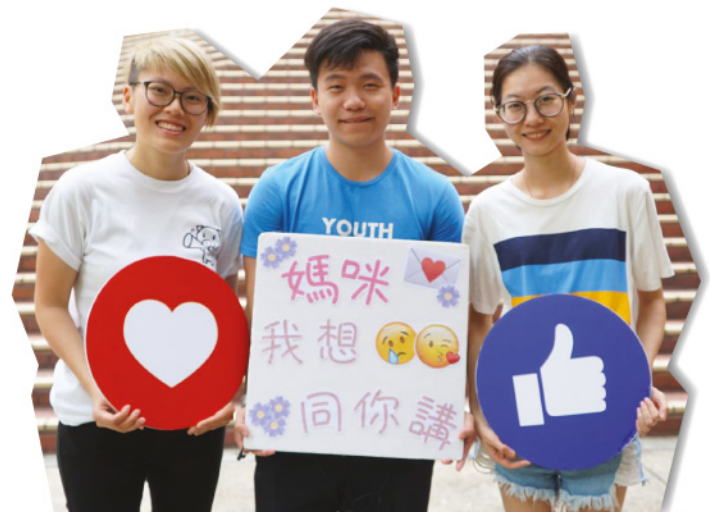
In Bangkok, it is possible to buy PrEP from good clinics at a reasonable price. Norman, AIDS Concern Manager of MSM (Men who have sex with men) Team went to Bangkok, Thailand in April. He learned that many Hong Kong people are now accessing PrEP in Thailand. Local private doctors have received more than 200 cases of Hong Kong people wanting PrEP, so AIDS Concern has produced a printed booklet to educate people how to use PrEP in Hong Kong.

Norman added that he saw a large advertising poster (image) reminding gay people to pay attention to safe sex. "Everyone who goes to the station can see it, it reminds you to get tested, have safer sex, take PrEP, This promotion can rarely be seen in Hong Kong."

【母親節x不再恐同日】 【MothersDay x IDAHOT + Secret】

「關懷愛滋」藉母親節，舉辦【母親節x不再恐同日】活動，鼓勵性小眾將埋藏心底，不敢對媽媽坦白的說話，化作留言給我們，讓我們讀出並拍成短片，送給我們偉大的母親。透過今次計劃，不少媽媽都表示理解及支持，並希望與子女坦誠相處。

AIDS Concern held a 【MothersDay x IDAHOT+ Secret】 campaign for Mothers' Day. The campaign encouraged LGBT people to send us their confidential thoughts to be frank to their mothers. We made those messages into a video and asked mothers on the street interviews to respond. Many mothers expressed their understanding, and support, hoping to get along with their children whatever their sexuality.



Kissing you 大專義工計劃 Kissing you volunteer training program

作為大專生的你，對性教育認識多少？在學校又有幾多機會接收到性知識？「關懷愛滋」青少年團隊聯同多間機構，為大專生合辦義工計劃，提供一個月免費培訓，內容包括了解愛滋病及性健康等，大專生更有機會於合辦機構實習。

As a university student, how much do you know about sex education and how much did you learn at school? AIDS Concern's youth team organized a volunteer program for university students to provide training about HIV / AIDS and sexual health, minority issues, and to promote internships.



RECRUITMENT 招募

「HE WE ARE」 健康推廣員招募計劃 "HE WE ARE" Health Promoter Recruitment Program

「關懷愛滋」男男性接觸者團隊舉辦的「HE WE ARE」健康推廣員及義工訓練，現正公開招募，計畫希望培訓男同志學習性健康知識，與伴侶相處的技巧。

AIDS Concern's MSM team organized the "HE WE ARE" Health Promoter Recruitment Program to help gay men learn about health knowledge and how to support partners.



香港愛滋病毒及愛滋病每季最新公佈數字

HIV/AIDS situation through the report system

	本季 (二零一七年一月至三月) This Quarter (Jan to Mar 2017) Cumulative		累積個案 Cumulative	
	愛滋病毒 HIV	愛滋病 AIDS	愛滋病毒 HIV	愛滋病 AIDS
1. 性別 Sex				
男 Male	180	13	6,994	1,483
女 Female	22	4	1,618	300
2. 種族 Ethnicity				
華裔 Chinese	126	14	5,884	1,369
非華裔 Non-Chinese	23	3	2,509	414
不詳 Unknown	53	0	219	0
3. 傳染途徑 Route of Transmission				
異性接觸 Heterosexual contacts	26	8	2,977	977
同性接觸 Homosexual contacts	106	7	3,312	493
雙性接觸 Bisexual contacts	10	2	398	90
注射毒品人士 Injecting drug use	2	0	353	64
輸入血液/ 血製品 Blood / blood product recipients	0	0	84	24
母嬰傳播 Perinatal	1	0	30	9
不詳 Undetermined	57	0	1,458	126
4. 總計 Total				
	202	17	8,612	1,783

今季愛滋病毒感染個案數字是香港自1984年有紀錄以來最高，我們有必要加強多元防治工作。
The numbers of HIV infection cases in this quarter was the highest since record began in 1984. AIDS Concern will strengthen combination strategy for HIV prevention.

資料來源: Source: <http://www.info.gov.hk/aids/chinese/surveillance/quarter.htm>

「關懷愛滋」官方網站早前榮獲香港互聯網註冊管理公司 (HKIRC) 「2016最佳.hk網站獎非商業(中小企業組)」金獎。「關懷愛滋」致力在網站提供「在線風險評估」和「愛滋病毒快速測試預約服務」，令有需要人士可以及早接受測試。在2015/16年度，使用我們的「自願性輔導及測試服務總人次」超過6300人，比上一年度增加三成人次。

AIDS Concern's official website was awarded the Gold Award in the Hong Kong Internet Registered Company (HKIRC) 2016 Best.hk Website Award Noncommercial Category (SME Stream) in April. AIDS Concern provides an online risk assessment and HIV rapid test appointment service on the official website so that people in need can receive early testing. In the year 2015/16, more than 6,300 people used our VCT service, an increase of 30% over the previous year.

贊助人 Patrons

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捐款支持 Donate and beat HIV

只需每月捐款\$150(即每日\$4.8)，每年就可贊助90位人士接受我們的免費愛滋病毒及梅毒快速測試。我們需要你的捐款，以維持高質素服務。

With a monthly donation of \$150 (\$4.8 per day), you can support 90 people to have a free HIV and syphilis rapid test at AIDS Concern a year. We need your donation to maintain quality services.

aidsconcern.org.hk/support-us



企業合作 Corporate partnerships

我們歡迎與企業以活動贊助等形式合作，請致電28984411。

We welcome corporate partnership such as event sponsorship. Please contact 28984411.

聯絡我們 Contact us

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測試熱線 Testing hotline: 2394 6677

如不欲接收「關懷愛滋」資訊，歡迎您以電郵enquire@aidsconcern.org.hk或郵寄方式通知我們。

If you do not wish to receive updates from AIDS Concern, please inform us by email at enquire@aidsconcern.org.hk or by post.

