

~About your result -HIV negative-~

英語



◆ What does "HIV negative" mean? ◆

"HIV negative" means you are not infected with HIV. "HIV negative" might mean that you have never exposed yourself to HIV from past behaviors (mainly sexually behaviors). Or, it might mean that you had been exposed to HIV, but just didn't get infected by chance.

◆ Period of time between possible exposure to HIV and HIV testing ◆

HIV status does not reflect HIV infection right after its exposure. It takes some time before it becomes "HIV positive". Thus, "negative" result may not reflect infection yet if you had engaged in behaviors (most of the time sexual behaviors) that might have exposed you to the virus quite recently. HIV test will show "positive" result around 4 weeks after infection in most cases. However, it differs with each person, thus, you can be confident that you are not infected if your test result is "negative" after 3 months from possible exposure to the virus.

If you are concerned about possible HIV infection, it is recommended to get tested even after a short time from possible exposure. If your result is "negative," you can take a test again after 3 months from the exposure to make sure you are not infected.



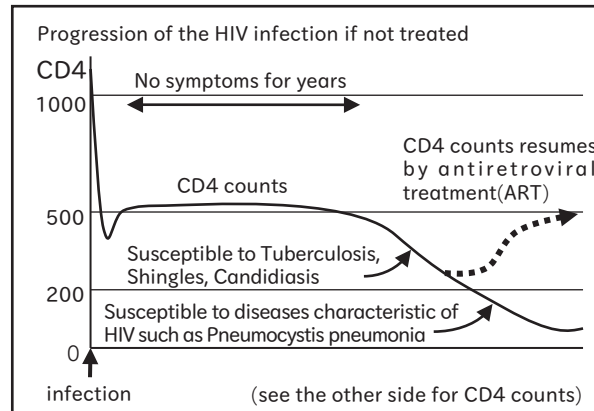
Produced by: Center for Health and Rights of Migrants
Inquiry : <https://www.charmjapan.com/contact/>

****HIV and AIDS****

◆ Basic fact about HIV and AIDS ◆

- HIV stands for Human Immunodeficiency Virus. If HIV infection is not treated, the immune system will deteriorate within a few years-10 years or so.
- AIDS stands for Acquired Immuno Deficiency Syndrome. It refers to the state of one's body when the immune system has been deteriorated by HIV and "opportunistic infections developed."
- The immune system is the body's system that inhibits the growth and eliminates pathogens (disease-causing microbes) when they come into the body.
- Opportunistic infections are infections that affect people with the suppressed immune system. For example, the fungus *Pneumocystis jirovecii* that causes *Pneumocystis pneumonia* (PCP) exists in lungs of many people, and does not cause lung infection unless the immune system is weakened.
- In other words, HIV is the name of a virus and AIDS is the sickness caused by HIV.

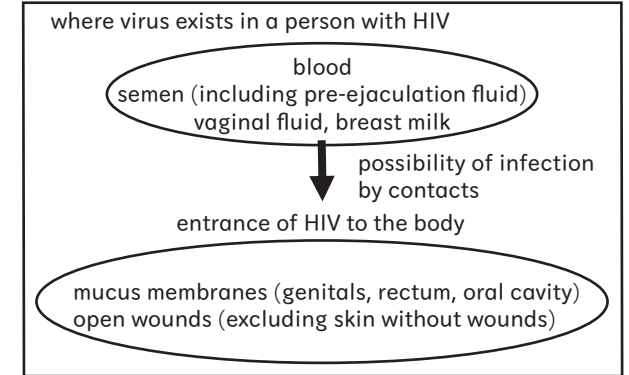
◆ Progression of the HIV infection ◆



As the chart shows, symptoms may not appear immediately after infection. Since symptoms may not appear for years, getting tested for HIV is the only way to know your HIV status. It is possible to transmit the virus to others without knowing you have been infected.

****Behaviors that put you at risk for HIV infection****

◆ How HIV infection occurs ◆



Infection may occur when blood, semen, or vaginal secretions containing HIV come in direct contact with mucous membranes or open wounds. In most cases, you can prevent direct contacts by using condoms or other devices. If the mucous membrane has an inflammation or ulcer, it becomes easier for HIV to enter the body.

◆ Behaviors with possible exposures to HIV ◆
(when person with HIV is not on adequate treatment)

person with HIV	person may be at risk for infection	possibilities of infection	no possibilities of infection
mouth	mouth(kiss)	×	saliva does not contain HIV. Infections do not occur.
	penis(fellatio)	×	
	vagina (cunnilingus)	×	
	anus (rimming)	×	
penis	mouth (fellatio)	○	semen with HIV → oral mucosa
	vagina (vaginal sex)	○	semen with HIV → vaginal mucosa
	anus (anal sex)	○	semen with HIV → anus · rectal mucosa
vagina	mouth (cunnilingus)	○	vaginal fluid → oral mucosa
	penis (vaginal sex)	○	vaginal fluid → tip of penis · urethra
anus	mouth (rimming)	○	blood from anus → oral mucosa
	penis (anal sex)	○	blood from rectum, anus → tip of penis · urethra

~About your result -HIV positive- ~

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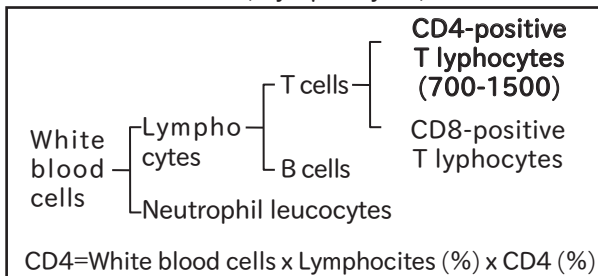
◆ What does "HIV positive" mean? ◆

"HIV positive" test result means that you have a virus called HIV in your body. If left untreated, immune function will be gradually damaged, and will be more susceptible to opportunistic infections. Current antiretroviral treatment can prevent the immune system from breaking down and possibly even recover from weak immune level. If you know you are HIV positive, it is important to see a doctor immediately to know your immune level (CD4 counts etc).

◆ Knowing your immune level ◆

When you go to the hospital, they will give you a detailed blood test to check your immune level. The white blood cells handle immune system, and "CD4-positive T lymphocyte =CD4" controls the immune system. CD4 counts in ordinary adults range from 700 to 1,500 cells per cubic millimeter (1mm³) of blood. After being infected with HIV, the number of cells slowly decreases and when it is below 200, "opportunistic infections" are likely to occur. The CD4 counts is a vital index that reflects your current immune level.

◆ White blood cells, Lymphocytes, CD4 ◆



****Treatment of HIV infection****

◆ Antiretroviral medicines ◆

A number of medicines with antiviral effect have been developed since 1996. Treatment using combination of 3-4 drugs drastically reduced the numbers of AIDS cases and AIDS related deaths. People with HIV live until an old age as people who are not infected. Recently, a combination drug a day have become the mainstream of antiretroviral treatment.

◆ When to start antiretroviral treatment ◆

It is recommended to start the treatment as soon as possible. There are several reasons. One, early treatment reduce the risks of HIV related diseases as well as non-related diseases. Two, number of medicines with less side effects have been developed. Three, treatment leads to prevention of transmission.

◆ Treatment can prevent transmission (U=U) ◆

U=U stands for Undetectable = Untransmittable. Studies show that a person with HIV will not transmit HIV to a partner through sexual contacts if the person receives effective treatment and the viral load is continuously undetectable.

◆ Core hospitals for HIV infection treatment ◆

There are around 380 core hospitals designated for HIV infection treatment nationwide, including core hospitals in all prefectures, and hub hospitals in 8 regions. These core hospitals offer high level medical services.

◆ Medical fees ◆

If you are a part of the Japanese National Health Insurance system, you pay 30% of the total medical fees as with any other medical treatment. When you start your HIV medication, you will be entitled to a financial support benefit, which sets a ceiling for your medical fees depending on your income. Many hospitals have Medical Social Workers (MSW) to whom you can consult. Your privacy is strictly protected and will not be leaked by using health insurance or financial support system.

****Living with HIV****

You do not need to change your lifestyle.

◆ Work ◆

There is no job that a person with HIV cannot do. Many people with HIV continue their work or studies. Some people share their HIV status at their workplace or schools, but you are not obligated to tell your HIV status.

◆ Who to tell? ◆

It is better to take your time to consider who and when to tell your HIV positive result. You need to tell your sexual partner(s) and recommend them to take HIV test. But, you can do it at your own pace. It may be important to tell someone you trust in order to receive necessary support. However, you might like to understand about HIV infection first before doing so.

◆ Sex life ◆

If you are not on continuous treatment, it is possible to transmit HIV through sexual contacts. HIV will not be transmitted through sexual contacts if a person receives effective treatment and the viral load is continuously controlled. However, it is possible to get other sexually transmitted infections (STIs) from other people. In order to prevent further infections, it is necessary to understand the mode of transmission and use preventive measures such as condoms.

◆ Counseling ◆

There are HIV counselors at some hospitals. In other hospitals, local government dispatches counselors. The service is FREE of charge. Do not hesitate to ask your doctor about counseling.

◆ Support for people with HIV ◆

There are organizations that offer support for people with HIV, including telephone counseling. There are also peer groups of people with HIV. Get information from the link below. <https://www.hivkensa.com/soudan/>