

Osaka AIDS information **Now**

Pocket
Edition



Osaka Prefecture

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?

Five

musts in having sex

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Aiyan & Naucchi

(Osaka HIV/AIDS enlightenment mascot)



"Aiyan" communicates the importance of **getting tested for HIV infection in Osaka**, with an idea that something has to be done about HIV infection, **and "Naucchi"** provides information by murmuring about the current situation of **AIDS in Osaka**.

It is impossible to have sex without getting tested!

"I have sex because it feels good."

"It's only natural to have sex with someone I love."

Some people may think that way.

However, **having sex can cause many things** to happen.

Sexually transmitted diseases and pregnancy are some of them.

Having sex unilaterally **without fully talking about the prevention of them** is a kind of domestic violence (*).

Can you talk about the possibilities of them with your partner?

Are you properly prepared?

- * Violence conducted by someone against their partner who they go out with is called dating violence. Being hard on someone with words or attitude or forcing them to have sex without a condom is also considered domestic violence.



"Say NO at first! It is impossible to have sex without getting tested!"

In having sex, it is important to communicate with each other. Some may think that it is difficult to find an opportunity to talk about sex, or may have some hesitation in bring up the subject of sex.

Your partner may appear to be trustable. However, if your partner does not have knowledge about prevention of sexually transmitted diseases and contraception, you may regret later that you have not talked about sex.

In such cases, **you may want to say** "I have some concerns" **even if you think** you may have sex.



Then, your partner surely asks you about your concern. It is a good for you to talk about what you think and your concern.

If your partner does not listen to what you say at all and tries to have sex with you against your will, you will not be able to build a relationship with your partner that allows to help each other or overcome together if something goes wrong.

To have a comfortable time with your partner, share the distance between the two that each wants to keep how you feel about each other so that each can correctly know their partner.



It is important to talk out.

"It is impossible to have sex without getting tested!"

Question

What is the difference between HIV and AIDS?



Answer

HIV is the name of a virus. The HIV virus infects the T-lymphocytes and CD4-positive T-cells, which help the action of the immune system (the body's ability to protect itself from bacteria and viruses), and destroys them. **AIDS is the general term for the diseases caused by HIV infection.** As HIV virus increases your immune (resistance) strength decreases, your immune (resistance) strength decreases, **making it easier for you to develop various diseases**, including infectious diseases and malignant tumors **that you are less likely to develop if you are healthy.** Among 23 designated specific diseases, such as Pneumocystis pneumonia, one who has developed one or more of these diseases is considered to have developed AIDS.

your immune (resistance) strength decreases,

Human Immunodeficiency Virus

AIDS

Acquired Immunodeficiency Syndrome

Question

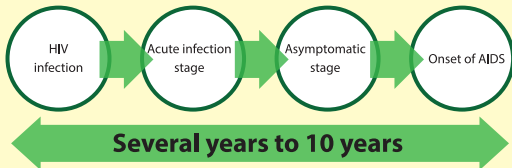
What if I become infected with HIV?



Answer

Even if you are infected with HIV, it does not mean that you will develop AIDS right away.

[Flow from HIV infection to the onset of AIDS]



During the acute infection phase, you temporarily experience initial symptoms like those of influenza.

Symptoms begin to appear two to four weeks after the HIV infection and go away a few days to a few weeks after the onset of the disease.

After the acute infectious phase, you enter the asymptomatic phase for several years to 10 years or so.

Although you experience no symptoms, the HIV virus gradually increases in your body, decreasing your immune system. Even during this asymptomatic phase when there are no symptoms, having sex may cause your partner to be infected.

Question

How is HIV transmitted?



Answer... 1

HIV is a very weakly infectious virus and loses its transmissibility when exposed to air or water. Therefore, you are not infected with HIV in your everyday life.

● What may cause infection

Mother-to-child infections

Infection through childbirth or nursing, not through heredity (*1)

Blood-borne infections

Infection through the use of the same needle to inject a narcotic, blood transfusions, etc. (*2)

Sexually transmitted infections

Infection through sex

- *1 Appropriate measures almost prevent the transmission to babies.
- *2 With the current level of technology, infection through blood transfusion is extremely rare, but the possibility of which cannot be completely excluded.

Blood on a razor, toothbrush, or any other items does not cause HIV infection even if it comes contact with the skin. However, blood may contain pathogens that can cause viral hepatitis and other infectious diseases, so do not share items that can easily get blood on them, even with family members.

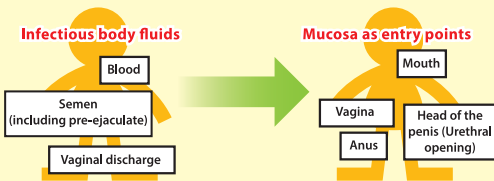


Answer... 2

At present, HIV is mostly transmitted through sex.

Currently, HIV is mainly transmitted through sexual contact in Japan, and HIV is one of the sexually transmitted diseases. During sex, **direct contact of infectious bodily fluids with mucous membranes** to happen.

● Route of transmission through sex



Bodily fluids can result in infection if they come in contact with mucous membranes.

If you worry yourself about "what acts actually cause infection?" or "I had such and such sex and I wonder if I'm infected", you may want to use telephone counselling service or the like. (See pages 17 and 18)

Don't worry about it alone, call and ask!



What's the situation like in Osaka?

In Osaka Prefecture, people get newly infected with HIV and develop AIDS every year with an increasing cumulative number.

- HIV-infected persons (those who have been found to be infected with HIV without having developed AIDS)
- AIDS patients (those who have developed AIDS and have been found to be infected with HIV)

HIV-infected
and AIDS patients are
increasing every year.



many people who think they have nothing to do with HIV or AIDS and have no problem; every year, over 20% of the people who have developed AIDS know that they had been infected only after they have developed AIDS.

Question

Is there any treatment available?



Answer...

Methods to reduce the onset of AIDS have been developed considerably.

The current therapeutic methods **do not completely eliminate HIV from the body.**

However, now you can prevent or delay the onset of AIDS by taking medicine (anti-HIV drug) for the rest of your life. These treatments are more effective if provided before the immune system is compromised. In addition, with advancement in therapy of opportunistic infectious diseases and others (*), **the development of AIDS does not necessarily result in death.**

* An opportunistic infectious disease is an infection caused by a bacteria or microorganism of low pathogenicity originally present in the human body that does not affect the body while the immune system is strong, but is triggered when resistance (immunity) is lowered.



Medication is also advancing!

Question

Is there anything I should be careful about if someone near myself is infected?



Answer...

Please treat them in the same way as you have been doing before.

Please treat them in the same way as you treat someone suffering from a chronic disease such as diabetes or kidney disease. In your workplace or school, you do not catch HIV from a someone who is HIV-positive. People around someone who is HIV-positive with a weakened immune system may transmit illnesses to them, so everyone should keep in mind to wear masks.

What if I am infected?

In everyday life, you can work in the same way as before, except that you have to take medicine. For your sex life, you may want to think with your partner about how to have safer sex with your partner. In addition, you are encouraged to take care of your health on a routine basis by, for example, having nutritionally balanced meals, doing moderate exercise, and avoiding getting too tired or stressed; this enhances your immune strength.

*Public health centers let you know consultation services and support groups.

What are sexually transmitted diseases like?

Diseases transmitted through sex (including oral sex) are called sexually transmitted diseases. If you are infected with a sexually transmitted disease, you experience inflammation of the urethra, for example, making you several times more likely to be infected with HIV.

Chlamydia infection

Symptoms are mild for both men and women, so they often do not recognize that they are infected. If these symptoms are left untreated, women may develop cervicitis or salpingitis, which can lead to infertility or ectopic pregnancy.

Genital herpes simplex virus infection

Intensely painful water blisters and/or shallow ulcers are developed around the genital area, causing urinary pain and fever.

Gonorrhea

Men often experience a discharge from the urethra and severe pain when urinating. Women may experience mild urinary pain and increased vaginal discharge, but in many cases have no symptoms.

Condyloma acuminatum

Both men and women develop wart-like rashes on the genital and/or around the anus. They can grow in size and number.

Syphilis

As initial symptoms, you develop lumps or ulcers at the site of infection. Symptoms may disappear temporarily, but this does not mean that you are cured.

Hepatitis B

It can cause acute hepatitis with symptoms such as loss of appetite and fatigue. In some cases, it becomes chronic, leading to liver cancer.



Consult a medical specialist!

You may want to consult a urologist, a gynecologist, or a dermatologist.



It is impossible to have sex without a condom!

Irrespective of whether you have a specific partner or you have sex with unspecified persons, **you can be infected with HIV or other sexually transmitted diseases if neither you nor your partner(s) do something to prevent infection.**

You may get infected regardless of whether there is love and trust, race, or sexual orientation, for example. Viruses are transmitted to anyone.

Have safer sex, if you do!

Safer sex means sex more resistant to infections.

- Don't let your partner decide on the use of a condom.
- Wear a condom from start to finish.




Buy them yourself.




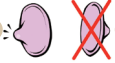
Proper way to use a condom


- 1 Choose the condom type you will use.




* Be sure to check the expiration date, size, etc.
- 2 Move the condom to one side of the bag and open the bag completely before taking out the condom.



- 3 Check the inside and outside.


- 4 Pinch the room for semen to let the air out.



- 5 Wear a condom completely and pull it up together with the skin (foreskin) a little, and when the skin has stretched, wear it completely again.



* Wearing two condoms on top of each other will cause them to break.
- 6 Remove the condom immediately after ejaculation.







* When you take your penis out of the genitalia of your partner, hold the base of the condom.
* Be careful not to allow semen to come out.
- 7 Tie the condom at the base and wrap it in a tissue before throwing it away in the trash.



* You may want to tie the condom to prevent the semen from coming out.

Carefully store and handle condoms

<p>Sensitive to pressure and friction</p>  <p>Condoms must be contained in a hard case, not directly in your purse or bag.</p>	<p>Sensitive to heat</p>  <p>Do not leave condoms where they are exposed to the direct sunlight or in a car.</p>	<p>Sensitive to sharp objects</p>  <p>Have your nails cut in advance. A condom, if used for oral sex, must be replaced with a new one before penile insertion.</p>	<p>Sensitive to oil</p>  <p>Use a water-soluble lotion, not baby oil or cream.</p>
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It is impossible to have sex without getting tested!

Testing at public health centers is free and anonymous. You cannot know whether you are infected from subjective symptoms. In addition, HIV testing is not included in health examinations (blood tests) at workplaces, etc. To find out if you are infected or not, voluntarily take an HIV test.

You never know whether you are infected unless you get tested!



Public health centers and other facilities in Osaka Prefecture conduct tests to determine whether you are infected with HIV. You do not have to disclose your name, address, or age, so your privacy is protected. When and on what you can get tested depend on the public health center, etc., please check with them before visiting.

At some public health centers, you can get tested for syphilis, chlamydia, and/or other infection diseases in addition to HIV.

Wait at least 3 months before getting tested

Once you are infected with HIV, your body develops HIV antibodies. It takes some time (one to three months) for the antibodies to be detected in the test, which varies from person to person.

*Depending on the area, the three-month period may be expressed as 90 days or 12 weeks.

Date on which you may have become infected.

I didn't know...

Less than 3 months

A blood test may not determine you are infected even if you are.

3 months or more

A blood test can reliably determine whether you are infected.



You can ask public health centers, etc. about when you can get tested and get counselled on any concerns about infection. You may want to call them and say "I want to know details about HIV testing."

List of counseling and inspection organizations

As of March 2023

The testing implementation is subject to change.
For details, please be sure to check the website for a desired testing or counselling site, etc. and contact the corresponding site.

*All tests are anonymous and free of charge.

Osaka Prefecture Public Health Centers

	Address	Telephone number
Ikeda	3-19, Masumi-cho, Ikeda City	Tel: 072-751-2990
Ibaraki	8-11, Osumi-cho, Ibaraki City	Tel: 072-624-4668
Moriguchi	2-5-5, Keihanhondori, Moriguchi City (8F new Moriguchi City Office)	Tel: 06-6993-3133
Shijonawate	1-16, Esebi-cho, Shijonawate City	Tel: 072-878-1090
Fujiidera	1-8-36, Fujiidera, Fujidera City	Tel: 072-955-4181
Tondabayashi	3-1-35, Kotobuki-cho, Tondabayashi City	Tel: 0721-23-2683
Izumi	6-12-3, Fuchu-cho, Izumi City	Tel: 0725-41-1342
Kishiwada	3-13-1, Noda-cho, Kishiwada City	Tel: 072-422-6077
Izumisano	583-1, Kamikawaraya, Izumisano City	Tel: 072-462-7703

Osaka City Health and Welfare Center

	Address	Telephone number
Kita Ward	2-1-27, Ogimachi, Kita Ward	Tel: 06-6313-9882
Chuo Ward	1-2-27, Kyutaromachi, Chuo Ward	Tel: 06-6267-9882
Yodogawa Ward	2-3-3, Jusohigashi, Yodogawa Ward	Tel: 06-6308-9882

The Health and Welfare Center of each ward also provides counselling.

Sakai City Public Health Centers

	Address	Telephone number
Sakai Ward	3-1, Minamikawaramachi, Sakai Ward	Tel: 072-238-0123
Naka Ward	2470-7, Fukaisawamachi, Naka Ward	Tel: 072-270-8100
Higashi Ward	195-1, Hikishoharaderamachi, Higashi Ward	Tel: 072-287-8120
Nishi Ward	6-6, Otorihigashimachi, Nishi Ward	Tel: 072-271-2012
Minami Ward	1-1-1, Momoyamadai, Minami Ward	Tel: 072-293-1222
Kita Ward	5-1-4, Shinkanaokacho, Kita Ward	Tel: 072-258-6600
Mihara Ward	782-11, Kuroyama, Mihara Ward	Tel: 072-362-8681
Sakai City Public Health Center	(For the site, please contact the health center)	Tel: 072-222-9933

Higashiosaka City Public Health Centers

	Address	Telephone number
Higashi Ward	1-1, Asahimachi	Tel: 072-982-2603
Naka Ward	4-3-22-300, Iwata-cho	Tel: 072-965-6411
Nishi Ward	2-8-27, Takaida-motomachi	Tel: 06-6788-0085
Takatsuki City Public Health Center	5-7, Joto-cho, Takatsuki City	Tel: 072-661-9332
Toyonaka City Public Health Center	4-11-1, Nakasakurazuka, Toyonaka City	Tel: 06-6152-7316
Hirakata City Public Health Center	2-2-2, Ogaito-cho, Hirakata City	Tel: 072-807-7625
Yao City Public Health Center	1-2-5, Shimizu-cho, Yao City	Tel: 072-994-6644
Neyagawa City Public Health Center	28-3, Yasaka-cho, Neyagawa City	Tel: 072-829-7773
Suita City Public Health Center	19-3, Deguchi-cho, Suita City	Tel: 06-6339-2227

chotCAST (communication hub of testing, counseling and support)

1-7-30, 4F 21 Shinsaibashi Building, Higashishinsaibashi, Chuo Ward, Osaka City

Test items: HIV, syphilis, and hepatitis B

For more information, please contact the Infectious Disease and Laboratory Group, Osaka Prefectural Infectious Disease Control Planning Division at 06-4397-3267.



chotCAST Online Appointment
Website of Smart Life Clinic

The red ribbon is the symbol of understanding of and support for HIV and AIDS patients.

