

Let's Have an HIV Test!

 **HIV and AIDS are not the same thing!**

HIV (human immunodeficiency virus) infection

Acute symptoms
(2 to 8 weeks
later)

- After being infected with HIV, the person may experience a brief period of cold-like symptoms.

Period of
asymptomatic
carrier state
(an average of 7 to
10 years)

- The development of AIDS may occur years after the contraction of HIV.
- The person continues to appear healthy, with an asymptomatic condition.
- The immune system slowly deteriorates.
- The person can transmit the virus to others even though he/she shows no symptoms.
- Starting treatment early may delay the development of AIDS.

As the disease
progresses

AIDS

- Deterioration of immune system
- People with AIDS are prone to various diseases caused by bacteria, viruses and fungus that healthy people would have no problem with.

Early detection and treatment are important!

Means of transmitting HIV

HIV is primarily transmitted...

- via sexual intercourse (sex)
- via blood (sharing syringes contaminated with HIV)
- from mother to child
(transmitted from an HIV-infected mother to her child)

In Japan, the incidence of HIV and AIDS is higher among people aged 20 to 30 years old.



 **The HIV test offered at the Public Health Center is free and anonymous!**

HIV infection can be detected by taking a little bit of blood (about 5 ml). Because it takes about 6 to 8 weeks for antibodies to be produced in blood, an HIV test must be taken in about 3 months after possible exposure.

AIDS (HIV) testing schedule 2020

MONTH	DAY				
APR	1	8	15	22	
MAY		13	20	27	
JUN	3	10	17	24	
JUL	1	8	15	22	29
AUG	5	12	19	26	
SEP	2	9	16	23	30

MONTH	DAY				
OCT	7	14	21	28	
NOV	4	11	18	25	
DEC	2	9	16	23	
JAN	6	13	20	27	
FEB	3	10	17	24	
MAR	3	10	17	24	31

**June 1 to 7 – AIDS INTERNATIONAL WEEK,
December 1 – WORLD AIDS DAY**

- Date and time
 - every Wednesday: 13:00-15:00
 - the 4th Wednesday of every month,
June 3 and December 2 (● sign): 13:00-15:00, 17:30-19:00
 - *except New Year's holidays and national holidays
- HIV tests performed at : Yokkaichi City Public Health Center
(5th floor, Sougou Kaikan 2-2 Suwa-cho, Yokkaichi)
- Free and on an anonymous basis, no appointment necessary
- You need to return to the public health center for result

[Contact information]
Yokkaichi City Public Health Center,
Health Prevention Section, Health Prevention Division
TEL.(059)352-0595 FAX(059)351-3304