

# 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 2021**

MONTH	DAY				
APR	7	14	21	28	
MAY		12	19	26	
JUN	2	9	16	23	30
JUL	7	14	21	28	
AUG	4	11	18	25	
SEP	1	8	15	22	29

MONTH	DAY				
OCT	6	13	20	27	
NOV		10	17	24	
DEC	1	8	15	22	
JAN	5	12	19	26	
FEB	2	9	16		
MAR	2	9	16	23	30

**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 2 and December 1 (● 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  
( 5<sup>th</sup> 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**

