Japanese Foundation for AIDS Prevention (JFAP)
財団法人エイズ予防財団
TEL: 03-5259-1811
(URL) http://www.jfap.or.jp
Start with the Basics

What are HIV and AIDS?
HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immune Deficiency Syndrome).

AIDS is a collection of specific illnesses and conditions which occur because the body's immune system has been damaged by HIV.

In Japan, even though the number of reported cases of HIV infections is still relatively low, the number of people living with HIV and AIDS is steadily increasing from approximately 2,300 in 1995 to approximately 16,900 in 2009.
Anybody Can Be at Risk

-It’s Not Who You Are, It’s WHAT YOU DO-

HIV infection doesn’t happen to people because they belong to a particular group (eg: ‘gay’ ‘drug user’ ‘African’) but because of particular behaviors …

Telephone Counseling in English

😊 NGO, NPO:
♦ Miyagi Support Center for Foreign Nationals
   Tel. 022-275-9990 Mon.- Fri. 8:30-17:15
♦ Tokyo English Life Line, T.E.L.L.
   Tel. 03-5774-0992 Every day 9:00-23:00
♦ AMDA International Medical Information Center
   ♦ Tokyo Tel. 03-5285-8088 Mon.– Fri. 9:00-17:00
   ♦ Osaka Tel. 06-4395-0555 Mon.– Fri. 9:00-17:00
♦ Japan HIV Center, JHC
   ♦ Tokyo Tel. 03-5259-0256 Sat. 12:00-15:00
HIV is transmitted:
From person to person via exchange of body fluids - semen, blood, pre-ejaculate and vaginal fluids - during anal, vaginal, and possibly oral sex, or when sharing needles during intravenous drug use.

HIV is also transmitted:
From mother to child during pregnancy, the birth process, and through breastfeeding.

HIV can not be transmitted through saliva, sweat, tears or urine. Shaving, going to the dentist or hairdresser do not transmit HIV either.
How to Get an HIV Test

(STI tests too! )
How to use male condoms

1. Remove the condom from the package carefully making sure not to damage it. Do not tear the package with your mouth.
2. Pinch the end where the semen collects to remove the air.
3. Fit the condom over the erect penis, roll it down to cover the entire penis. Use water-based lubricants.
4. After ejaculation, remove the condom from the penis before it loses erection and dispose of it.
5. Never reuse condoms.

REMEMBER: Pre-ejaculate may also contain viruses, so be sure to put on a condom BEFORE penetration.

What is the HIV Test?

The HIV test is a blood test to find out whether you are infected with HIV or not.

HIV tests look for "antibodies" to HIV. Antibodies are proteins produced by the immune system to fight a specific germ.

HIV tests are confidential. The public health center or hospital is prohibited by law from telling anyone else the result of your test.
Where to Get Tested in Japan

Public health center: Free of charge
Times when HIV tests are available vary depending on the public health center, so please inquire about the details of testing and counseling by phone. An interpreter may be arranged in advance.

Clinic or Hospital: From 5,000 to 10,000 Yen. An interpreter may be arranged in advance.

⇒ You can buy male condoms at drug stores, supermarkets, convenience stores and vending machines.
⇒ You may be able to get female condoms at drug stores and on the internet.
Get Condomed!

Timing:
If you are worried about HIV/AIDS, it may be a good starting point to contact a public health center or helpline. HIV antibodies don't appear as soon as infection occurs, so it is not possible to find out if you have been infected immediately after a possible risk.

HIV testing places generally recommend that you wait 2-3 months from the time of a possible risk before taking an antibody test, to be sure that a negative result is truly negative.
⇒ Negative:

This result means you are not infected with HIV (up until 2-3 months before the test).

It doesn’t mean that you are immune from getting HIV in the future if you take risks.

In order to stay HIV negative, please see the prevention section of this pamphlet (page 20).

For Men
(Men who have Sex with Men: Gay/Bisexual Men)

Any sexual orientation can be at risk for HIV. Gay/Bisexual Men, however are more vulnerable to HIV in Japan. Over 60% of all new infections in Japan are people getting infected through male-to-male sexual contact.

WHAT CAN I DO? Find out!
You may be isolated from information and/or people, and you may have information which doesn’t cover prevention for gay/bisexual men. Call one of the numbers at the back of this pamphlet to be able to talk about yourself and sexual behaviors and find out the facts.
For Young People

No age is too young for HIV.
As with most other countries, the number of infections among young people in Japan is increasing. One reason is the difficulty young people face in getting correct information and services, especially about prevention.

WHAT CAN I DO?

Find out! Information from friends, magazines, the internet etc. is not always correct. Call one of the numbers at the back of this pamphlet to find out the facts.

Be Yourself! It’s sometimes hard to make decisions about sex with so many pressures, but remember, you don’t have to do something you don’t feel comfortable with...

Positive:

This result means that you are infected with HIV.
You will probably have lots of concerns and questions about what you should do next. It is a good idea to talk to a medical professional first who will help you work through these concerns and help you get necessary information about treatment and other services.

The public health center or hospital where you took the test will refer you to the services you need. You can also call the helplines listed at the back of this pamphlet.
The Process of HIV Testing

- Practice safer sex: Use male or female condoms everytime you have sex. The risk of infection is higher for \textit{vaginal and anal sex}, but there is also a risk of infection through \textit{oral sex}.

- Drugs and alcohol can affect your judgment ability. It is sometimes harder to make good decisions about safer sex when you are under the influence, so it might be better not to have sex if you have been drinking alcohol or using drugs.

- Do not share needles or injecting equipment with others when injecting drugs.
Prevention is…
You Can Do It.

What is the Rapid Test?

A rapid HIV test is a test that gives negative results the same day.

**You are negative.**
It means you are not infected with HIV.

**You need further tests.**
Sometimes HIV tests react to antibodies in the blood that are similar to HIV antibodies and show an HIV positive result even though the person is in fact HIV negative. For this reason, confirmation tests are always performed which takes 1 to 2 weeks.
HIV treatment has reached a level where it is assumed that people who are HIV positive will be able to live a more or less normal lifespan. Even though there’s still no cure for HIV, anti-HIV drugs taken in combination, can prevent the virus from damaging the immune system.

Japanese hospitals offer a high standard of HIV treatment comparable to the best in the world.

Treatment is confidential and you can discuss treatment options and other issues with your doctor or medical professional.
The Japanese health insurance system allows foreign residents to get HIV treatment depending on visa status or other conditions. Call one of the numbers at the back of this pamphlet to find out the information you need.

Local governments and several NGOs offer care and support specifically for foreign residents in Japan.

Highly effective treatment is available in Japan. Find out more on the following page.

HIV Testing for Pregnant Women

In many hospitals in Japan, HIV testing is part of the routine blood tests that are performed on pregnant women.

Ask your doctor to explain fully what blood tests will be carried out and make sure the doctor explains the result fully.

There are very effective ways to prevent mother to child transmission, and many women who test positive choose to have their babies, with support from doctors and counselors.
Sexually Transmitted Infections (STIs)

**Signs/Symptoms**
- Vagina: Itching
- Penis: Swelling
- Lower abdomen: Redness
- Unusual

**STIs**
- Gonorrhea, Chlamydia
- Syphilis, Hepatitis
- Genital Herpes,
- Genital warts...

Life is for Living
You Can Get Support
Health Insurance/Support Services

Treatment at STI Clinics
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The Process of HIV Testing

Reservation by phone or drop in
Reception at test site
Pre counseling
Taking a blood sample
Testing
Post counseling
If test result is Positive → Referral

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Mini HIV Word List

HIV Yobou – HIV Prevention
Chi, Ketsueki – Blood
Insei – Negative
Yousei – Positive
Jinsoku Kensa, Sokujitsu Kensa – Rapid Test
Soudan – Guidance / Counseling
Ninpu Kenshin – Antenatal Check-up
Kenkou Hoken – Health Insurance
HIV Chiryou – HIV Treatment
Kyoten Byouin – AIDS Specialist Hospitals
Sei Kansen Shou – Sexually Transmitted Infections
Shoujou – Symptom
Konbini – Convenience Store
Yakkyoku – Drug Store
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