

NZPC



**Health
Information**

Chinese Translation

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CONTRACEPTIVE METHODS

避孕方法

We all use condoms to protect us against sexually transmitted infections, but what's your backup plan if the condom breaks? Obviously if a condom breaks there is concern of catching a STI from the client, but what are you doing to protect yourself from an unwanted pregnancy? The New Zealand Prostitutes Collective (NZPC) frequently hears from anxious sex workers who, following a broken condom need the emergency contraceptive pill (The Morning After Pill) or need a pregnancy test. You can avoid finding yourself in this situation by thinking and planning ahead. As a sex worker it is imperative you are using condoms with every client and wise to also be using a back-up contraceptive. This way, in the unlikely event of a condom breaking you are protected against an unwanted pregnancy. This doubling up of contraceptives is sometimes called Double Dutch and for your own peace of mind you should look into the following forms secondary birth of control to use "double dutch" with condoms.

我们使用避孕套防止性传播疾病的感染，但什么是你的后备计划呢？如果避孕套破裂了？显然，如果一旦避孕套破裂，应该想到会从客户那里感染上性疾病。同时你应该如何保护自己不意外的怀孕？新西兰妓女组织（NZPC）经常听到来自性工作者的焦虑要求，在避孕套破裂后，需要紧急避孕丸（事后丸），或者是怀孕测试。你可以考虑为自己做一个未来的计划，以避免这种情况的发生。作为一个性工作者，你必须与每一位客户都使用避孕套，明智的做法是可有备用避孕剂使用。这样，在万一避孕套破裂的情况下，你受到了保护，防止意外怀孕。这是双重避孕法，称为双重保险，使你自己放心。你应该看看下列注明，第二生命的控制，使用双重避孕法。

DEPO PROVERA

安宫黄体酮

An injection of progesterone hormones that stops the ovaries from releasing an egg each month.

孕激素的注射是停止每月卵巢的排卵

Advantages: Usually no period (menses); one injection lasts 12 weeks.

优点: 通常无经（月经）；一次注射可持续 12 个星期。

Disadvantages: Periods and fertility take an average of 6 months to return after stopping the injection. Depo Provera has been associated with a reduction in bone density. It is thought that this is likely to reverse on stopping Depo Provera use.

缺点: 停止注射后平均 6 个月后恢复月经和生育功能。安宫黄体酮与骨质密度减少有关系。据认为，停止使用安宫黄体酮可能扭转上述情况。。

Health concerns: very slight increased risk of breast cancer; may reduce bone density; may have side effects e.g. weight gain, depression.

对健康的影响: 有非常轻微的增加患乳腺癌的风险;可能会降低骨密度。可能有副作用，如体重增加，抑郁症等。

COMBINED PILL

复合丸

Pill made of two hormones, oestrogen and progesterone that stop the ovaries from releasing an egg each month.

此丸是由两种激素组成，雌激素和孕激素，它阻止卵巢每个月排放卵子。

Advantages: Periods usually regular, lighter and less painful; less chance of cancer of uterus and ovaries; can be taken up to menopause if you are healthy and don't smoke.

优点: 月经周期一般正常，经量少，减少痛经，子宫和卵巢癌的机会较少，如果你是健康的，且不吸烟者，可以采取这种方法至更年期。

Disadvantages: Need to get a renewed prescription from the doctor every three months; should not be used by women over 35 years of age who smoke.

缺点: 每 3 个月需要医生重新开处方，不应该用于 35 岁以上的吸烟妇女。

Health concerns: No serious risks.

对健康的影响: 没有严重的危害。

INTRA UTERINE DEVICE (IUD) OR HORMONE INTRA UTERINE SYSTEM (IUS)

宫内避孕器（避孕环）或激素节育系统（宫内激素节育器）

IUD: Small plastic and copper device put in uterus by a doctor.

宫内节育器: 由医生把小塑料和铜的节育器放入子宫内。

IUS: Small plastic system to place progesterone inside uterus. This procedure is done by a doctor.

宫内激素节育器: 小塑料的子宫内孕激素装置放置于宫内。此过程是由医生操作。

Both stop sperm reaching the egg.

两种方法阻止精子与卵子的结合。

Advantages: can stay in place for 5 years; more suitable for women who have already had children; IUS – suitable for women with heavy periods; IUS – causes lighter periods or no periods at all.

优点: 可以在宫内停留 5 年;多适合已有孩子的妇女; 宫内激素节育器适合于月经过多的妇女。宫内激素节育器使经量减少或停止月经。

Disadvantages: The IUD may cause heavier periods or cramping. The IUS may cause irregular bleeding in the first few months; should not be used if the woman or her partner has other sexual partners because of increased risk of STIs, pelvic infections and infertility. However, these risks are reduced when safer-sex practices are used (condoms and water-based lube). Either device (IUD or IUS) must be fitted by an experienced doctor.

缺点: 宫内避孕器可能造成经量增多或子宫痉挛。宫内节育器可能会引起最初几个月的不规则出血; 不应用于女性的性伴侣同时有其他性伴侣, 因为有增加性传播疾病感染的风险, 盆腔感染和不育症。但是, 安全的性行为, 使用(避孕套和水剂润滑剂)或是由有经验的医生放置节育器(IUD 或 IUS)(节育环或宫内激素节育器), 可减少这些风险。

Health concerns: Increased chance of pelvic infection when the IUD is put in or if you get an STI. Pelvic infection could cause infertility.

对健康的影响: 宫内避孕器增加盆腔感染的机会, 或者如果你已有性传染病。盆腔感染可引起不孕。

BE SAFE, DOUBLE UP 双重保险

Double contraception is a very sensible idea. Using the pill along with condoms has one important advantage. If the condom fails at least you won't be in danger of pregnancy. An advantage of oral contraception is that you can

control your periods. It is possible to run the packets together so you don't have a period. However, if you do this, you should have at least three periods a year to prevent breakthrough bleeding. Depo Provera, another hormonal contraceptive, is administered by injections and lasts 12 weeks. Most women on Depo don't have periods. This is quite safe.

双重避孕是一个非常明智的选择。避孕药和避孕套一起使用有一个重要的优势。如果避孕套失败，至少你不会有怀孕的危险。口服避孕药的优点是你可以控制你的月经周期。这可能使你不会有月经。但是，如果这样做，至少一年你应该有三个月经周期，以防止突破性出血。事后丸，另一种激素避孕药，是注射剂由注射给药，持续 12 周。大多数妇女使用事后丸后没有月经，这是很安全的。

MORE INFORMATION?

更多的信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妇女组织，你所在地的性健康门诊或计划生育委员会联系

REPRODUCTIVE HEALTH

生殖健康

PREGNANCY TESTING

怀孕测试

If you suspect that you might be pregnant or have had a condom break during sexual intercourse with a client, a pregnancy test along with a check-up is advisable. Pregnancy tests are available free from NZPC clinics, GPs and Sexual Health clinics. Remember, early testing means more time for decisions and choices.

如果你怀疑可能是怀孕或在与客人性交时避孕套穿破，建议你做一个怀孕测试。妊娠试验在 NZPC 诊所，私家医生和性健康诊所是免费的。记住，早期检查有更多决定和选择的时间。

EMERGENCY CONTRACEPTIVE PILL (ECP),

应急避孕药 (ECP)

Commonly known as the “morning after” pill, this is a quick and easy method of helping prevent a pregnancy after you have had unprotected sex or the condom has broken. You will need to get to a health provider within 72 hours of the unprotected sex. ECP is effective when taken up to 3 days (72 hours) after unprotected sex. To obtain the ECP you could go to your GP, Family Planning Clinic, Sexual Health Clinic, NZPC Clinic or your local pharmacy. This pill is free or cheap to anyone under 22 or Community Service Card holders. Don't delay, the earlier you take it the better.

俗称“事后”丸，在你没有预防的性交后或避孕套破裂的情况下，这是一个快速简便的方法来帮助你，以阻止怀孕。无保护的性交后，你需要在 72 小时内采取保护预防。服用 3 天的（无保护的性交后 72 小时）ECP 事后丸，是一个有效的措施。你可以在你的家庭医生那里获取 ECP 事后丸，或计划生育诊所，性健

康诊所，NZPC 诊所，你当地的药店。此药对任何人在 22 岁以下或持有社区服务卡，都是免费或廉价的。不要拖延，越早越好。

The Emergency pill is a new pill which unlike the old one doesn't cause any nausea or side effects. You will be given one pill to take. It is a good idea and strongly recommended that you have a pregnancy test and STI check about three weeks later.

应急避孕药是一种新的药丸，与旧药丸不同，没有任何恶心的副作用。你只要服一粒即可。这是一个好主意，并强烈建议你在大约三个星期后，做怀孕测试和性传染疾病检查

There is a two percent failure rate with the new Emergency Contraception called Postinor so don't put off having a pregnancy test if you don't have a period within three weeks. Your period may be early, on time or late and sometimes it may be a bit heavier.

新的应急避孕药保仕婷（左炔诺孕酮片），有百分之二的失败率，所以如果你在 3 个星期内没有月经，不要推迟怀孕测试。你的经期时间可提前、正常或延迟，有时经量可能有点多。

ANOTHER OPTION

另一种选择

The abortion pill, RU486 has been recently introduced to New Zealand. It is really important if you want a choice of pills or operation when an abortion is needed that you have a pregnancy test as soon as you think you may be pregnant or have missed a period. Then you must see a doctor who will refer you to the abortion clinic as soon as possible. The new abortion pill is used as an early abortion method and needs to **be given by nine weeks gestation.**

Scans and various appointments are needed before the RU486 (called Mifegyne in New Zealand) can be administered.

最近新西兰引进了米非司酮堕胎丸。重要的是，如果你想要选择药片或手术堕胎时，你需要尽快有一个怀孕测试，如果你认为自己可能会怀孕，或月经过了期。然后，你必须去看医生，她将会尽快的把你转到流产诊所。新的堕胎药是早期流产的方法。在使用米非司酮前（在新西兰称为米非健），通过扫描和其它多种检查证实，必需是怀孕 9 个星期。米非司酮是处方管制药。

MORE INFORMATION?

更多信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妇女组织或你所在地的性健康门诊联系

GENITAL HERPES OR HERPES SIMPLEX TYPE 2

生殖器疱疹和单纯疱疹病毒 2 型

“My first indication that anything was wrong was when a zit on my backside wouldn't heal. And it hurt! Then I found another on the inside of my groin. After that peeing started giving me a burning sensation. In a day or so, the burning was still there, the zits were still there and the burning spot was getting weepy. I also noticed a vaginal discharge. Two days later, things were really hotting up. The burning had been replaced by a swollen vulva and the swelling and the “pimpled areas had sprouted a horde of tiny yellow blisters. An emergency streak to the After Hours Medical Centre, a prescription of tablets, and a few days sulking at home started the healing process.”

“我的第一个错误的迹象是，在我的背部有一个不会愈合的疱疹，而且疼痛！后来在我的腹股沟内测，我发现了另一个。之后，开始脱皮伴有灼热感。在一天左右，灼热感和水泡仍然存在。灼热点变成了流水。我还注意到有阴道分泌物。两天后，事情真的升温。灼热已成为外阴的红肿和“萌发了一簇黄色小水泡。立即到急诊中心开了处方药。在家呆了几天后开始了愈合

WHAT IS GENITAL HERPES?

什么是生殖器疱疹？

Genital herpes is a sexually transmitted infection (STI) caused by a virus called herpes simplex virus (HSV). There are two types of the herpes simplex virus:

生殖器疱疹是一种性传播感染（STI）的由病毒引起的称为单纯疱疹病毒（HSV）。有两种单纯疱疹病毒类型：

Type 1 (HSV-1) is the usual cause of cold-sores and can be transmitted to the genitals with oral sex.

1 型（HSV – 1 型感染）是通常感染的原因，而可以是与口交生殖器传播。

Type 2 (HSV-2) is the usual cause of infection in the genital or anal area.

2 型（HSV - 2 感染）通常是生殖器或肛门区域的感染

Although HSV-1 typically causes sores around the mouth and HSV-2 causes genital sores, these viruses can cause sores in either place.

单纯疱疹病毒 1 可导致口腔周围的疼痛和 HSV - 2 可造成生殖器的疼痛，然而这些病毒可以在任何地方引起疼痛。

Once a person has HSV, it travels down the nerves connected to the affected area. The virus remains there in an inactive state without any symptoms but can come back from time to time. Each person's reaction to the infection will be different; some never see the infection again while others have repeat occurrences (outbreaks) several times a year.

一个人一旦感染上单纯疱疹病毒，它向下蔓延影响到神经所支配的部位。若该病毒存在于非活动状态时没有任何症状，但可以反反复复。每个人的反应、感染会有所不同，一些人永远也不会见到再次感染，而另一些一年则重复发作（疫情）几次。

Outbreaks do have a definite tendency to reduce in severity and frequency over time. Some people have found that something triggers HSV to come back. Prime triggers for recurrence are: ill-health, tiredness, stress, being run-down, poor diet, drug-taking, excessive drinking and anything that can reduce your immune system.

发作是有一个明确的趋势，严重程度和频率随时间减少。有些人认为，单纯疱疹病毒引发了 HSV 触发器造成了感染的复发。造成复发的因素：健康欠佳、疲劳、紧张、身体状况下降、不良饮食习惯、吸毒、过量饮酒，以及任何可以降低你的免疫系统的因素。

HOW DO I KNOW IF I HAVE GENITAL HERPES?

我如何知道我是否患生殖器疱疹？

Signs and symptoms (which may not all occur in everyone) include:

症状和体征（可能并非发生在每个人）包括

- Headache, fever, aches, pain when peeing, and irritation in the genitals.
- 头痛、发烧、身体疼痛、疼痛伴脱皮、生殖器的刺激感。
- Reddened areas on or near the genitals or anus which may turn into painful blisters full of fluid.
- 变红的区域上或附近的生殖器或肛门可能转成充满痛苦的液体水泡。
- The number of blisters can vary from one to several dozen when a person is first infected.
- 当一个人是第一次被感染时，水泡的数量不定，由一至数十个
- The blisters burst and turn into open sores that eventually dry and heal (as they heal they may be itchy).
- 水泡破裂并转成开放性创口，最终变干燥和愈合（在愈合过程中可能会发痒）。
- Some people with HSV never develop any signs or symptoms but can pass the virus to their partners.
- 有些人感染上单纯疱疹病毒 HSV 而从没有任何迹象或症状，但可以通过他们的性伴侣传染上病毒。
- Even when no symptoms are present a person can pass genital herpes on to their sexual partners.
- 即使没有症状的人也可以把自己的生殖器疱疹传染给性伴侣。

HOW IS IT CAUGHT?

这种疾病是怎样了呢？

Genital herpes may be passed on:

生殖器疱疹可能的传染途径：

- By having skin-to-skin contact, vaginal, anal or oral sex with a client or partner infected with HSV.
- 通过与单纯疱疹病毒感染的客户或性伴侣皮肤与皮肤接触，阴道，肛门或口交。
- From genitals to genitals, mouth to mouth, mouth to genitals/ anus or vice versa.
- 从生殖器到生殖器，嘴对嘴，嘴生殖器/肛门的交叉感染。
- From mother to baby during birth if the mother has symptoms at the time.
- 如果母亲有感染症状，婴儿出生时会被母亲传染。

CAN GENITAL HERPES BE TREATED?

生殖器疱疹可以治疗吗？

Diagnosis and Treatment

诊断和治疗

Diagnosis is made by a laboratory test of a specimen obtained by pressing a swab against any sores or blisters.

诊断是在疼痛或水泡部位采取标本化验。

To date, there is no cure for genital herpes, but a doctor can prescribe antiviral medication to help control recurring attacks and clear up the painful sores. Treatment needs to be started as soon as possible.

迄今为止，没法治疗生殖器疱疹，但医生能给处方抗病毒药物，可以帮助控制经常性的发作并清除疮痛。治疗必须尽早开始。

During an outbreak, keep the infected area as clean and dry as possible. This will help your natural healing processes. Some doctors recommend warm showers in order to cleanse the infected area. Afterwards, towel dry gently. To

prevent chaffing, some people also find it helpful to avoid tight-fitting undergarments.

在疾病发作时，保持被感染的部位尽可能的清洁和干燥。这将有助于你的自然愈合过程。有些医生建议洗温水澡，以净化疫区。此后，用干毛巾轻轻地擦干患处防止脱痂。又有人发现避免穿紧身内衣有助于保护患处。

A complication of the infection involves spreading the virus from the location of an outbreak to other places on the body by touching the sore(s). The fingers, eyes, and other body areas can accidentally become infected in this way. Preventing self-infection is simple. Do not touch the area during an outbreak. If you do, wash your hands as soon as possible. The herpes virus is easily killed with soap and water.

感染的并发症包括通过触摸病毒感染的部位而传染到身体其它地方。手指、眼睛和身体其他部位可能会意外地被这种方式感染。自我预防感染很简单，发作期间不要触摸该区域，如果触摸了，尽快洗你的手。疱疹病毒容易被肥皂和水杀灭。

WHAT ABOUT MY PARTNER?

我的性伙伴要怎样做？

Well, don't rule out your partner as the source of the infection. There is a tendency for people to relax about safer sex and condom use at home, so it is possible that this is where it came from.

那么，不排除传染源来自你的自性伙伴。有一种倾向，人们放松家庭性行为的安全和使用避孕套。因此有可能，这是一个来源。

If you know it didn't, then telling is not that easy, it may even be frightening. Your partner will need information about the disease and to feel that you are being honest with him/her. The most important thing is not to try and hide it. Remember: If your partner is going to dump you just for herpes then you need

to know now. It takes more than the herpes to break a strong relationship.

Find someone who wants you for yourself – with or without herpes.?

如果你知道这种病毒不去预防它，要知道这并不是那么简单，它甚至可能是可怕的。你的性伴侣将需要有关的疾病资料，使他/她感觉到你是诚实的。最重要的是不要试图隐瞒它。请记住：如果你的性伴侣只是为了疱疹抛弃你，那么现在你需要知道。牢固的亲情关系是不会因为疱疹而破裂的。因此，为你自己找一个带或不带疱疹的愿意接受你的人。

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM GENITAL HERPES

如何保护我自己和客户不被感染生殖器疱疹

Prevention is by use of:

预防措施:

Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.

- 如果客户想要继续下去，性交时在你的口腔，阴道或肛门之间的领域使用口腔膜形成一个屏障。

Condoms during vaginal, anal or oral sex.

- 在阴道，肛门或口交时使用避孕套。

COMMONLY ASKED QUESTIONS

常见问题

Do I need to tell my boss?

Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.

我需要告诉我的老板吗？

你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，让医生不泄露诊断，但你要按指定的天数停止工作

Should I tell other people I work with?

You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control.

我应该告诉我的同事吗？

你应该保留私人生活中的一些东西，性传播疾病（STI）应是其中之一。有些人对此并不严格，而把你有性传播疾病的情况透露给他们的工友们。然而，这一信息可以传播到并超越出你的控制。

MORE INFORMATION?

更多的信息？

The help-line number for genital herpes is (09) 589-3845 or on the web www.herpes.org.nz. at You can also get more information from NZPC or your local Sexual Health Clinic.

生殖器疱疹的求助热线号码是（09）589-3845 或是网站 www.herpes.org.nz.

你还可以从 NZPC（新西兰妓女组织）或你当地的性健康诊所获得更多的信息

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GONORRHOEA AND CHLAMYDIA

淋病和衣原体

Although Gonorrhoea and Chlamydia are quite similar bacterial infections and Sexual Health staff are used to finding people infected with them both, this doesn't seem to be the pattern at the moment. *Both infections can have no or only mild symptoms but their long-term results can be devastating.* The internal inflammation they cause also make you much more susceptible to HIV and other sexually transmissible infections.

虽然淋病，衣原体是相类似的细菌感染，性健康工作人员通常在感染者中寻找这两种感染病菌。目前似乎并没有成为一种规范。这两种感染也没有或只有轻微症状，但其长期结果可以是毁灭性的。它可引起内部的炎症，且还让你更容易感染艾滋病毒和其它性传染疾病。

WHAT IS GONORRHOEA?

什么是淋病？

Gonorrhoea is a bacterium that can infect the vagina, penis, throat and rectum. It often presents no symptoms and if left untreated it can result in female and male infertility, pelvic inflammatory disease (PIV), heart problems, fever, painful joints and rashes.

淋病是一种细菌，可以感染阴道，阴茎，喉咙和直肠。它通常没有任何症状，如果不加治疗，可导致女性和男性不育症，盆腔炎症（PIV），心脏病，发烧，关节疼痛和皮疹。

HOW DO I KNOW IF I HAVE GONORRHOEA?

如何知道我是否患有淋病？

Signs and symptoms for *women* include:

女性症状包括：

- Irritating vaginal discharge.
- Anal discharge.
- Pain while passing urine.
- Pain during bowel movements.
- Pain during sex.
- Lower abdominal pain (pelvic pain).
- Irregular menstrual bleeding.
- 外阴刺激阴道流液。
- 肛门流液。
- 小便时疼痛。
- 大便时疼痛。
- 性交疼痛。
- 下腹疼痛（盆腔疼痛）。
- 月经不规则

Signs and symptoms for *men* include:

男性症状包括：

- A thick milky discharge from the penis. There may be a slight crusting on the end of the penis from the discharge and in uncircumcised men the discharge may cause reddening and irritation of the penis.
- Pain or burning while urinating
- Anal discharge.
- 阴茎有厚厚的乳白色分泌物流出。阴茎排液端可能有轻微结痂，未割包皮的男性，流出液可能导致阴茎的发红和刺激。
- 小便时疼痛或灼热感
- 肛门流液

Men have symptoms more often than women. Symptoms usually occur within 2-10 days after sexual contact with an infected person. When the rectum, cervix or throat is infected there are usually no symptoms.

男性症状多于女性。症状通常发生在 2-10 天与感染者发生性接触后。当直肠，子宫颈或咽喉有被感染时通常没有症状。

INCUBATION TIME

潜伏期

Two to seven days. If you experience symptoms within this time period then get them checked out immediately. Twenty-one days (three weeks) is the outside period between exposure and infection for Gonorrhoea and Chlamydia to develop, making it possible for you to test for both at the same time after 21 days from the time of first possible exposure.

2 至 7 天。如果你在这个时期内有感觉症状，要立即进行检查。21 天（三周）之间的接触是淋病和衣原体的感染发展期，尽可能在第一次接触后的 21 天，同时检测两种细菌。

HOW IS IT CAUGHT?

是怎样传染上这种疾病的？

It is spread primarily by unprotected vaginal, anal or oral sex, but can also be passed during birth from mother to baby resulting in an eye infection for the baby.

主要是通过没有防范的阴道，肛门或口交传播，但也可以在婴儿出生时由母亲传给婴儿，造成婴儿眼睛的感染。

CAN GONORRHOEA BE TREATED?

淋病可以治疗吗？

Detection and Treatment

诊断和治疗

Diagnosis is made by a microscope examination and the taking of samples from infected areas. Once diagnosed, Gonorrhoea can be treated with antibiotic tablets.

诊断是收取疫区样本通过显微镜检查。一旦确诊，淋病可以用抗生素治疗。

What about my partner?

我的性伴侣要这么做？

If possible the sexual partner needs to be told so they can be treated too. The best advice is not to have sex until you are cleared. If you have sex you must use a condom.

如果可能的话需要告诉性伴侣，这样他们也可以得到治疗。最好的建议是不要有性行为，直到你清除了病菌。如果你有性行为，必须使用避孕套

HOW DO I PROTECT MYSELF AND MY CLIENT FROM GONORRHOEA?

如何保护我自己和我的客户不传染上淋病？

Prevention is by use of:

预防措施:

- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- Condoms during vaginal, anal or oral sex.
- 如果客户想要继续下去，性交时在你的口腔，阴道或肛门之间的区域使用口腔膜形成一个屏障。
- 在阴道、肛门或口交时使用避孕套

WHAT IS CHLAMYDIA?

什么是衣原体？

Chlamydia is a bacterial infection of the mucous membranes lining the genitals, rectum, throat and sometimes the eyes or lungs.

衣原体是内生殖器、直肠、喉咙、有时是眼睛或肺部粘膜的细菌感染。

Chlamydia is the most common of all STIs in New Zealand. Its mild or nil symptoms mean that Chlamydia can go undetected without regular check-ups. The inflammation caused by Chlamydia increases your risk of becoming infected with other STIs. If left untreated Chlamydia can cause infertility, pelvic inflammatory disease (PID), miscarriages in women, and sterility and inflammation of the testicles in men. Appendicitis (a medical emergency characterised by the inflammation of the appendix) can also be caused by Chlamydia.

在新西兰衣原体是最常见的性传播感染疾病。衣原体感染，其症状轻微或无症状，在没有定期检查时，可能不被发现。由衣原体引起的炎症，增加你对其他性传播疾病感染的风险。如果不加于治疗衣原体感染会导致不育，盆腔炎症（PID），女性自然流产，男性的不育症和睾丸炎。阑尾炎（急性阑尾炎），也可以由衣原体引起。

HOW DO I KNOW IF I HAVE CHLAMYDIA?

如何知道我是否患有衣原体？

Signs and symptoms for *women* include:

女性症状包括：

- An increase in vaginal discharge. • 阴道分泌物增加
- A need to pass urine more often • 小便频繁或疼痛
or pain when doing so.

- Pain in the lower abdomen.
- Pain during sex.
- Irregular menstrual bleeding or bleeding after sex.
- Swelling and irritation in the eyes (if infected).
- A discharge or discomfort in the rectum.
- 下腹部疼痛
- 性交痛
- 不规则阴道出血或性交后出血。
- 眼睛肿胀和刺激感（如有感染）。
- 直肠流液或不适。

IMPORTANT: Chlamydia can be symptomless especially in women.

特点: 衣原体可以无症状，尤其是在女性。

Signs and symptoms for *men* include:

男性症状和体征包括:

- A white/ cloudy and watery discharge from the penis. This will stain underwear.
- Itching at the top of the penis.
- Pain and/ or a burning sensation when passing urine.
- Painful swelling of the testicles.
- A swelling and irritation in the eyes (if infected).
- A discharge or discomfort in the rectum.
- 白色/浑浊和水样液体从阴茎排出。将会污染内裤。
- 阴茎顶端发痒。
- 小便时疼痛和/或灼热感。
- 睾丸肿胀疼痛。
- 眼睛肿胀和刺激感（如有感染）。
- 直肠流液或不适。

INCUBATION TIME

潜伏期

Seven to twenty-one days. If you experience symptoms within this time period then get them checked out immediately. Twenty-one days (three weeks) is the outside period between exposure and infection for Gonorrhoea and Chlamydia to develop, making it possible for you to test for both at the same time after 21 days from the time of first possible exposure.

7 到 21 天。如果你在这个时期内有症状，立即进行检查。在 21 天（三周）是与外界接触期，淋病和衣原体感染的发展期，尽可能使你自己在第一次接触后的 21 天内同时检测这两种感染。?

HOW IS IT CAUGHT?

是怎样感染上这个疾病的？

It is spread primarily by unprotected vaginal, oral or anal sex but can be passed during birth from mother to baby resulting in eye and chest infections for the baby.

它主要是通过无预防措施的阴道、口腔或肛门的性交传播，但亦可在婴儿出生时由母亲传给婴儿，造成婴儿的眼睛和肺部感染。

CAN CHLAMYDIA BE TREATED?

衣原体能治疗吗？

Detection and Treatment

检查和治疗

Detection is usually straightforward for both sexes requiring only a urine test (try avoiding going to the toilet over an hour or so before your test). If you are

pregnant or have your period, a low vaginal swab may need to be taken. Chlamydia normally clears up after a single treatment with antibiotics. It can be safely treated during pregnancy.

通常只需要简单的男女尿液测试（尽量避免在测试前或测试前一个多小时左右上厕所）。如果你怀孕或有月经，可能需要阴道低位拭子采样。通常在一次抗生素治疗后，可以清除衣原体。在怀孕期间的治疗可以是安全地。

What about my partner?

我的性伴侣要怎么做？

Recent sexual partners need to be treated. The best advice is not to have sex until you are cleared. If you do have sex you must use a condom.

最近的性伴侣需要处理。建议最好不要有进行性行为，直到你清除了感染。如果有性行为，你必须使用安全套。

HOW DO I PROTECT MYSELF AND MY CLIENT FROM CHLAMYDIA?

如何保护我自己和我的客户不传染上衣原体？

Prevention is by use of:

预防措施:

Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.

如果客户想要继续下去，性交时在你的口腔，阴道或肛门之间的区域使用口腔保护膜形成一个屏障。

Condoms during vaginal, anal or oral sex.

在阴道，肛门或口交时使用避孕套。

COMMONLY ASKED QUESTIONS

常见问题

Can I work with Gonorrhoea or Chlamydia?

有淋病和衣原体能工作吗？

Gonorrhoea and Chlamydia are both very contagious. If you must work, use protection when having sex or wait until the infection clears with the antibiotic treatment prescribed by your doctor.

淋病，衣原体两者的传染性非常强。如果你必须工作，在有性行为时使用保护措施或等到医生的处方抗生素治疗清除了感染后。

Do I need to tell my boss?

我需要告诉我的老板吗？

Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.

你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，让医生不泄露诊断，但你要按指定的天数停止工作。

Do I have to stop working?

我需要停止工作吗？

It is recommended that you take time off work until you have cleared the infection. If you rest you will be able to recover faster.

建议你停止工作，直到你彻底的清除了感染。如果你给自己休息，你会愈合得比较快

Should I tell my clients?

我应该告诉我的客人

Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up.

由于在你有性活动时，你将始终使用保护措施，你不需

吗？

要告诉客户你目前的性健康状况。但是，如果在性交时避孕套破裂，你应该建议客人进行性健康检查。

Should I tell other people I work with?

You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control.

我应该告诉我的同事吗？

你应该保留私人生活中的一些东西，性传播疾病（STI）应是其中之一。有些人对此并不严格，而把你性传播疾病的情况，透露给他们的工友。然而，这一信息可以传播并超越出你的控制。

MORE INFORMATION?

更多的信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妓女组织，你所在地的性健康门诊或计划生育委员会联系

GENTIAL WARTS

生殖器疣(尖锐湿疣)

The topic of Genital warts is one that may cause people embarrassment and a subject that isn't often discussed in public. Despite this, genital warts are very common especially from ages 15-30. At least 75% of adults having sexual intercourse will have a genital wart virus infection at some time of their life. Only about a quarter of these will develop warts.

在生殖器疣的话题中，可能会导致人们尴尬，这不是经常在公开场合讨论的主题。尽管如此，生殖器疣的情况非常普遍，尤其是 15-30 岁这个年龄阶段。至少有 75% 的成年在他们的性交生活中同时有了生殖器疣的病毒感染，约仅有四分之一的将发展成疣。

WHAT ARE GENTIAL WARTS?

什么是生殖器疣？

Genital warts are small wart-like lumps caused by certain types of the Human Papilloma Virus (HPV) which can be passed on during sexual contact. Genital warts may look like small cauliflower-shaped bumps or lesions that are flesh-coloured and can be found on the skin around the genital area, vagina, cervix, penis, scrotum, urethra (urine opening) or anus.

生殖器疣是小疣，就像混合在一起的小结节，如人类乳头状瘤病毒（HPV），可通过性接触传染。生殖器疣可能看起来像小菜花状肿块或病变是肉色状，可发现在生殖器周围的皮肤、阴道、子宫颈、阴茎、阴囊、尿道（尿道口）或肛门。

IMPORTANT: Have regular cervical smears! Some types of HPV have been linked with abnormal cell changes on the cervix. Smoking has been shown to work with HPV to increase the chance of abnormal cell growth or cancer.

要点: 定期接受子宫颈涂片检查！有些类型的 HPV 与子宫颈细胞的异常变化联

系在一起。吸烟已被证明与 HPV 增加异常细胞的生长或癌症的机会同等。

HOW DO I KNOW IF I HAVE GENTIAL WARTS?

如何知道我是否患生殖器疣？

Most people with genital warts have no visible symptoms and may not know they are infected. For those with visible warts the symptoms may include:

大多数患生殖器疣的人没有明显症状，可能不知道他们已被感染。对于明显的疣的症状可能包括：

- Itching, pain and bleeding
- 瘙痒，疼痛和出血

Symptoms of HPV are usually more prominent in men than women because the warts are more visible to see on the shaft and base of the penis than in or around the vagina.

人乳头状瘤病毒症状，通常是男性比女性更加突出，因为阴茎根部的疣比起阴道周围的疣要更显而易见。

If infected with a type of HPV that causes genital warts, you may experience symptoms anywhere from a few weeks to a few months after initial exposure.

如果与人乳头瘤病毒类型造成的生殖器疣病毒，你可能会在任何地方的初期接触后的数周到几个月后出现症。

HOW IS IT CAUGHT?

是怎样患上这种疾病的呢？

Genital warts are very contagious and are passed on:

- 生殖器疣的传染性非常强，其传染途径是：

- By having skin to skin contact during oral, genital or anal sex with someone that has HPV.
- 通过已经有乳头瘤病毒感染的人的皮肤与皮肤，口腔与生殖器或肛门性交的接触而传染
- From mother to baby during birth
- 从母亲到婴儿出生时。

CAN GENTIAL WARTS BE TREATED?

生殖器疣能医治吗？

Diagnosis and Treatment

诊断和治疗

Diagnosis is made by examination. There is no routine diagnostic test for subclinical (invisible) wart virus. However, subclinical wart virus infections of the cervix are common and may be detected by a cervical smear.

诊断是靠检验，没有常规诊断测试无临床症状的（无形）疣病毒。然而，无临床症状的宫颈疣病毒感染是常见的，可能是由子宫颈涂片检测发现。

Genital warts can be treated but this will not get rid of the virus (HPV) that causes the warts. The warts may come back in the future. Treatments to remove the warts include:

生殖器疣是可以治愈的，但是这不会摆脱病毒（HPV）引起的疣。疣可能会在未来复发。消除疣的治疗包括：

- Burning off the wart with caustic acids, electrical heat or a laser.
- 腐蚀性酸，电灼或激光燃烧掉疣
- Cryotherapy which involves freezing the wart with a super-cold liquid which causes the affected tissue to blister and eventually break off.
- 超级冷冻液体冻结疣组织，导致受影响的组织起泡，最终破坏了疣组织
- Self-applied creams and liquids.

- 自己应用冰淇淋和液体
- Surgery at doctor's office with local anaesthetic.
- 在医生工作室局部麻醉下手术。

After treatment:

恢复期疗法:

- Salty water baths to help soothe and heal the genital area during treatment. Two handfuls of plain salt per bath or two tablespoons in a large bowl, preferably twice daily.
- 盐水浴，以帮助生殖器周围在治疗过后的愈合。每次盆浴放两把常用盐或两汤匙盐放在一个大盆里，最好每日 2 次。
- Xylocaine® (2% lignocaine) gel is a useful local anaesthetic to put on raw areas two minutes prior to passing urine or having a bowel motion.
- 利多卡因®（2%利多卡因）凝胶是一个有用的局部麻醉剂，把它涂在治疗后的创伤部位，两分钟后在小便或大便。
- Keep the treated area clean and dry
- 保持治疗部位清洁和干燥。

What about my partner?

我的性伴侣要做什么？

Your sexual partner needs to be checked and treated if necessary. Because treatment of genital warts does not eliminate wart virus infection, it is important to remember the virus may still be present and contagious, even though the warts are gone.

你的性伴侣需要检查和治疗，如果必要的话。由于生殖器疣的治疗并不能消除疣病毒的感染，重要的是要记住这种病毒可能仍然存在和有传染性，即使疣已经去掉了。

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM GENITAL WARTS?

如何保护我自己和的客户不染上生殖器疣？

Preventative measures include:

预防措施包括：

- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- 使用口腔保护膜。 如果客户想要继续下去，性交时在你的口腔，阴道或肛门之间的领域使用口腔膜形成一个屏障。
- Condoms during vaginal, anal or oral sex. These reduce, but do not eliminate, the risk of transmission, especially in the area surrounding the genitalia.
- 使用避孕套在阴道，肛门或口交时。可减少传染的机会，但并没有消除传染的危险，特别是在生殖器周围的传染性。
- Preventive vaccines are now available which provide protection from some of the most common genital HPV types.
- 预防性疫苗，现已提供一些最常见的生殖器 HPV 类型的保护型疫苗。

COMMONLY ASKED QUESTIONS

常见问题

Can I work with genital warts? *Genital warts are very contagious. It is possible to infect a client even if you do not have visible signs while the virus is in the incubation period. Therefore, it is possible to be infectious for a long time because the incubation period of the virus can be anywhere from two to nine months. If you do work use protection when having sex, and wash your hands if you touch the wart. Similar to herpes, genital warts can be spread through skin contact. Depending where the*

warts are you may consider covering them up to avoid skin contact with the client.

我有生殖器疣可以工作吗？

生殖器疣传染性非常强。它可以感染客户，即使你没有明显的迹象，而病毒仍然存在潜伏期中。因为病毒的潜伏期在 2 至 9 个月，因此，有可能在相当长的时间内可以随时随地受到感染。如果你在性工作时使用保护性措施和洗手，如果你触摸过疣。类似疱疹，尖锐湿疣可以通过皮肤接触而传播，取决于疣生长的地方。你可以考虑把疣遮盖起来，是为了避免与客人的皮肤接触。

Do I need to tell my boss?

Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.

我需要告诉我的老板吗？

你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，医生不会泄露诊断，但你要按指定的天数停止工作。

Do I have to stop working?

It is recommended that you take time off work until you have cleared the infection.

我要停止工作吗？

建议你请假，直到你已清除感染。

Should I tell my clients?

Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up.

我应该告诉我的客户吗？

由于你始终使用保护型性交，你不必要告诉客户，你目前的性健康状况。但是，如果在性交时避孕套破裂你应该告知客户做性健康检查。

Should I tell

You should keep some things in your life private and an

**other people I
work with?**

STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control.

**我应该告诉我的
同事吗?**

你应该保留私人生活中的一些东西，性传播疾病（STI）应是其中之一。有些人对此并不严格，而透露他们的性传播疾病的工友们。然而，这一信息可以传播到并超越你的控制

MORE INFORMATION?

更多的信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妇女组织，你所在地的性健康门诊或计划生育委员会联系

SYPHILIS

梅毒

Syphilis is becoming more common in New Zealand.

梅毒在新西兰越来越普遍。

WHAT IS SYPHILIS?

什么是梅毒？

Syphilis is sexually transmitted bacterial infection of the genital, mouth and anus. It enters the body through tiny breaks in the skin mainly the genital area or the mouth.

梅毒是生殖器，口腔和肛门的细菌感染的性传播疾病。病菌通过微小皮肤破口，主要是通过生殖器部位或口腔进入身体。

HOW DO I KNOW IF I HAVE SYPHILIS?

怎样知道我是否患有梅毒？

Many people infected with Syphilis do not have any symptoms. For those who do get symptoms, Syphilis is divided into three stages; primary, secondary and tertiary.

许多人感染上梅毒却没有任何症状。梅毒分为三个阶段，初级、二级和三级，在这些感染中可以有症状。

Primary symptoms include:

初级症状包括:

- A painless sore on the genitals or other sites of sexual contact (e.g. cervix, mouth or anus). The sore usually appears 3-4 weeks (sometime longer) after infection. The sore disappears on its own accord after a few weeks.
- 在生殖器或性接触处的无痛性溃疡（如子宫颈，口腔或肛门）。通常溃疡在感染后 3-4 周出现（有时会更长）。溃疡在几周后自行消失。
- Swelling of the glands in the groin area.
- 腹股沟区淋巴结肿胀。

Secondary symptoms include:

二级梅毒的症状包括:

- A rash about 6 weeks after infection may appear on the body, face, arms, palms of hands and soles of the feet. The rash lasts up to 4-6 six weeks and may be obvious or very mild that it goes unnoticed.
- 感染 6 周后皮疹可能出现在身体、脸、手臂、手掌和脚掌。皮疹持续多达 4-6 星期，可能是明显或非常轻微的，它不会被注意到。
- One or more of the following symptoms may also present: mouth ulcers, headache, swollen glands, fever, hair loss, general tiredness, flat warty growth in the genital or anal region.
- 下列一个或多个症状也可能存在：口腔溃疡，头痛，淋巴结肿大，发热，脱发，普通疲倦，扁平疣会在生殖器或肛门部位生长。

IMPORTANT: A person in primary or secondary stage of syphilis is very infectious because the sores and rashes are full of syphilis bacteria. There is a very high chance of infecting a sexual partner. After two years the person is usually not infectious to others.

重点：初级或二级阶段的梅毒，传染性非常强，因为溃疡和皮疹，充满了梅毒病菌。性伴侣有非常高的感染机会。梅毒感染后两年通常是不会传染的。

Tertiary symptoms include:

三级梅毒症状包括:

- Damage to the heart, brain and the nerves of the spinal cord in about a third of people - if not treated at an earlier stage. Treatment will prevent further damage to organs but will not repair any damage that has already taken place.
- 大约三分之一的人有心脏，大脑和脊髓神经的损害-如果不是在较早阶段的治疗。治疗将防止进一步损害器官，但不会修复任何已经发生的损害。

HOW IS IT CAUGHT?

是怎样感染上这个疾病的？

Syphilis may be passed on:

梅毒可能的感染途径:

- By close sexual contact with an infected person. This may include vaginal, anal or oral sex or just close skin-to-skin contact.
- 通过与感染者发生密切的性接触。这可能包括阴道，肛门或口交或只是皮肤与皮肤的接触。
- From mother to baby during pregnancy (Syphilis can cause miscarriage or still-birth).
- 由感染母亲在怀孕期间传给婴儿（梅毒可引起流产或死胎）。

CAN SYPHILIS BE TREATED?

梅毒可以治疗吗？

Diagnosis and Treatment

诊断和治疗

Yes, if caught early it can be treated using a singular intramuscular long acting Benzathine penicillin. The earlier it is treated the better. If untreated it can cause serious damage

Diagnosis is made by a blood test for antibodies or samples from the sores, to be sent for laboratory analysis. Ask your doctor or nurse if you can be tested for syphilis when having a check-up. It can take up to three months to develop antibodies, so the tests may be negative early on. After treatment, follow-up blood tests are essential for at least one year to ensure the treatment has been successful.

是的，如果可以早期发现，使用抗菌素Benzathine 盘尼西林，采取多次肌肉注射的治疗方式。发现越早，治疗效果越好。如果不采取治疗措施，对身体造成的伤害非常大。

诊断是由血液或从溃疡处取样本，送往实验室分析检测抗体。咨询你的医生或护士，你是否可有梅毒的检测。抗体的生成可能需要长达 3 个月的时间，因此，早期测试可能是阴性。治疗后，至少在一年内继续血液的检测是重要的，必不可少的，以确保得到了痊愈的治疗。

WHAT ABOUT MY PARTNER?

我的性伴侣要怎样做？

If you have been diagnosed with syphilis all your sexual partners from the last few months must be advised to visit their doctor or local clinic.

如果你被诊断为梅毒，建议所有过去几个月的性伴侣必须去看医生或到当地的诊所就诊。

- If you had sex with them while the rash or sore was present they will usually need treatment.
- 如果你曾与他们发生性关系，而有过皮疹，喉咙痛，通常他们都需要治疗。

- You should not have sex until your rash or sore clears up because you remain infectious for some time after treatment. This is the only way to control the disease and protect the health of sexual partners.

- 直到你清除了你的皮疹或溃疡，你不应该有性行为，因为感染会在治疗后存在一段时间。这是唯一的方式来控制疾病和保护性伴侣的健康。
- Anyone who has had sex with an infected person in the past must be tested and treated if necessary.
- 任何人曾与感染者有过性的接触，如果必要的话，必须检查和治疗，。

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM SYPHILIS?

我要怎样保护我自己和客人不感染上梅毒？

Prevention is by use of:

预防措施：

- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- 如果客户想要继续下去，性交时在你的口腔，阴道或肛门之间的领域使用口腔膜形成一个屏障。
- Condoms during vaginal, anal or oral sex and having regular sexual health check-ups.
- 在阴道、肛门或口交时使用避孕套和常规性健康检查

COMMONLY ASKED QUESTIONS

常见问题

Can I work with Syphilis? *Syphilis is very contagious. If you work use protection when having sex or wait until the infection clears with the antibiotic treatment prescribed by your doctor.*

患有梅毒我可以工作吗？ *梅毒的传染性非常强，如果你在性活动时使用保护措施，或者等到用了医生的抗生素处方药治疗后，彻底的清除了感染。*

- Do I need to tell my boss?** *Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.*
- 我需要告诉我的老板吗？ *你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，让医生不泄露诊断，但你要按指定的天数停止工作。*
- Do I have to stop working?** *It is recommended that you take time off work until you have cleared the infection. If you rest you will be able to recover faster.*
- 我需要停止工作吗？ *建议你停止工作，直到你彻底的清楚了感染。如果你给你自己休息，你会愈合得比较快。*
- Should I tell my clients?** *Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up.*
- 我应该告诉我的客人吗？ *由于在你有性活动时，将始终使用保护措施，你不需要告诉客户你目前的性健康状况。但是，如果在性交时避孕套破裂，你应该建议客户进行性健康检查。*

MORE INFORMATION?

更多的信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妓女组织，你所在地的性健康门诊或计划生育委员会联系

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

人类免疫缺陷病毒（HIV）（艾滋）

“184 people were diagnosed with HIV through antibody testing in New Zealand during 2008: the highest number ever diagnosed in one year. 91 were men infected through sex with other men (MSM), 61 (39 men and 22 women) through heterosexual contact, 2 through injecting drug use, 2 through a transfusion (overseas), 4 were children infected through mother-to-child transmission (3 overseas and 1 in New Zealand), 3 people had another means of infection, and for 21 people the means of infection was unknown or unreported.”

AIDS New Zealand newsletter, Issue 63, March 2009

“在 2008 年，新西兰有 184 人通过抗体试验被确诊感染艾滋病毒：是有史以来一年内最多的诊断。91 名是男性，通过与其他男性（男性与男性的接触者），61 名（39 男 22 女是通过异性的性接触感染），2 个通过注射毒品，2 个通过输血，（海外），4 个儿童是通过母亲传染的，（3 个儿童在海外和 1 个在新西兰受感染），3 人是另一种传染方式，另 21 人的感染原因不明或没有报道。

新西兰艾滋病简讯 63 期，2009 年 3 月

WHAT IS HIV?

什么是艾滋病毒？

HIV is a virus that attacks vital cells of the body's immune system. Normally, your immune system helps you fight off certain infections and cancers. If your immune system begins to fail, you can become vulnerable to life-threatening opportunistic infections. When a person has HIV and one or more of these infections or cancers, they are said to have acquired immunodeficiency syndrome (AIDS).

艾滋病毒是一种病毒，其攻击人体免疫系统的重要细胞。通常情况下，你的免疫系统可以帮助你对抗一些感染和癌症。如果你的免疫系统开始下降，你可以很容易的受到威胁生命性的感染。当一个人有艾滋病毒和一种或多种感染，或癌症时，他们有获得性免疫缺陷综合症（艾滋病）。

HOW DO I KNOW IF I HAVE HIV?

我如何知道我是否有艾滋病毒？

The only way to find out if a person has HIV is through a blood test. It may take up to three to four months following exposure to HIV before a test becomes positive.

唯一的办法是通过血液检查来证实一个人是否患有艾滋病毒。在艾滋病毒转为阳性之前，将可能需要 3 至 4 个月的跟踪检测。

HOW IS IT CAUGHT?

是怎样感染了这种疾病的？

HIV can be passed on:

艾滋病的传染途径

- By having unprotected sex (sex without a condom) with someone who has HIV. The virus can be in an infected person's blood, semen or vaginal secretions and can enter your body through tiny cuts or sores in your skin or in the lining of your vagina, penis, rectum, or mouth.
- 通过和有艾滋病毒的人不安全的性行为（没有使用安全套）。该病毒存在于感染者的血液、精液或阴道分泌物中，可经你的皮肤或阴道、阴茎、直肠、口腔粘膜的微小伤口或溃疡，进入你的身体。
- By sharing a needle and syringe or sharing drug equipment with someone who has HIV.
- 通过与 HIV 感染者共用针头和注射器或共用吸毒设备。

Because of advances in drug therapy there is now – U=U, which stands for Undetectable = Untransmittable, and means if Antiretroviral therapy is taken people by people living with HIV, and maintain an undetectable viral load for at least six months, they cannot transmit HIV. Mother's cannot transmit HIV to their unborn child, partners cannot transmit through sex. For more information see: <https://www.nzaf.org.nz/awareness-and-prevention/prevention/undetectable-viral-load-u-u/>

因为药物的进一步研发，现在U=U药物治疗方案已经问世。采取治疗后，不会有检测显示，不会传染，抗逆转录病毒的治疗可以让艾滋病携带者至少在6个月内，不会有检测显示，不会传染艾滋病毒。这就意味着：母亲不会传染给自己未出生的孩子，性伙伴不会彼此传染，如需要进一步了解，请参照: <https://www.nzaf.org.nz/awareness-and-prevention/prevention/undetectable-viral-load-u-u/>

People who are HIV positive may remain healthy for many years If they take antiretroviral drug therapy they cannot transmit HIV.

艾滋病毒呈阳性者，可能保持多年的健康，只要他们服用抗菌药物，他们不再会把病毒传染给其他人。

In New Zealand, If you are concerned that you may have been exposed to HIV you can take Pre-Exposure Prophylaxis (PrEP).

For more information see: <https://www.nzaf.org.nz/awareness-and-prevention/prevention/pre-exposure-prophylaxis-prep/>

在新西兰，用于输血的血液是经过艾滋病病毒和其他血液传染疾病的筛查，因此输血不是传播途径。如果你想自己是否有感染，你可以进行PrEP检测。

更多的信息，请查询: <https://www.nzaf.org.nz/awareness-and-prevention/prevention/pre-exposure-prophylaxis-prep/>

CAN HIV BE TREATED?

艾滋病毒可以治疗吗？

HIV can be managed through drug therapy.

艾滋病可以通过药物治疗。

Diagnosis and Treatment

诊断和治疗

Diagnosis is made by a blood test that shows if a person has antibodies to HIV. Results can take up to 8 days. The NZAF has a new, rapid test for HIV called FASTEST (Free, Anonymous, Simple Test). This involves a finger-prick blood test by a nurse or doctor during a one hour appointment. This new test gives a result within 20 minutes.

诊断是由血液测试显示，感染者是否有艾滋病毒的抗体。结果可能需要长达 8 天。新西兰艾滋病基金会（NZAF）有一个新的、最快的检测艾滋病毒的方法，称为快速测试法（免费，不记名，简单测试）。该方法是在一个小时的预

约中，护士或医生用针刺破手指，采取血液做测试。这种新的测试在 20 分钟内
出结果。

It can take up to three months after HIV has entered the body before antibodies will show up in a test. This is called the window period. During the window period, the HIV test may not be able to detect infection. If you have a test during the window period you may need a further test.

艾滋病病毒进入人体后需要长达3个月的时间产生抗体，它将在测试中显示出来。这就是所谓的窗口期。在窗口期，艾滋病病毒测试可能无法检测到感染。如果你在窗口期做的测试，可能需要进一步检验测试。

Although HIV is a serious infection and there is no cure for this virus many people with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. A doctor can prescribe a combination regimen of antiretroviral medications.

尽管艾滋病病毒是一种严重的感染，对这种病毒也没有治疗，许多艾滋病病毒携带和艾滋病人的寿命都比较长，健康生活的今天，感谢新的和有效的治疗。医生可以开一个抗逆转录病毒的组合治疗处方。

WHAT ABOUT MY PARTNER?

我的性伴侣要怎么做？

Your partner should ask for an HIV test if you are HIV positive and have had unprotected sex with your partner. It is important to remember that a person infected with HIV carries the virus for life and can infect others if safer sex is not practiced

如果你是艾滋病病毒阳性，已与你的性伴侣有不安全的性行为，你的性伴侣应接受艾滋病病毒的抗体检测。重要的是要记住，感染艾滋病病毒的人终身携病毒，如果没有实施安全的性活动，病毒能传染给其他人。

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM HIV?

如何保护我自己和的客户不传染上艾滋病病毒？

Prevention is by use of:

预防措施

- Dental dams to create a barrier between the mouth and vagina during sex.
- 口腔保护膜建立一个口腔和阴道之间的性交障碍。
- Always use condoms during vaginal, anal or oral sex.
- 始终在阴道，肛门或口腔性交时使用避孕套。

COMMONLY ASKED QUESTIONS

常见问题

Can I work with HIV? *You can work but you need to protect yourself from other sexually transmitted diseases so continue to use condoms.*

我有艾滋病毒能工作吗？ *你可以和艾滋病患者工作。你应该在性活动时使用的保护措施，使用安全套，确保自己免受其他性病的感染。*

Do I need to tell my boss? *Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.*

我需要告诉我的老板吗？ *你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，让医生不泄露诊断，但你要按指定的天数停止工作。*

Do I have to stop working? *HIV never goes away and you can potentially infect others if you have unprotected sex. So long as you use protection during sex:*

我必须停止工作吗？ *艾滋病毒不会消失，如果你没有保护措施性行为，你能潜在的传染他人。只要你在性交时使用保护措施：*

- *You do not have to disclose your HIV status.*

- 你没有必要透露你的艾滋病毒状况。
- *No law can prevent you from working in the sex industry.*
- 没有法律可以阻止你在色情行业的工作。

Should I tell my clients?

Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up.

我需要告诉我的客人吗？

由于你将始终使用保护性性交，你不需要告诉客户你目前的性健康状况。但是，如果在性交时避孕套破裂你应该告诉客户进行性健康检查。

Should I tell other people I work with?

You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control.

我应该告诉我的同时吗？

你应该保留私人生活中的一些东西，性传播疾病（STI）应是其中之一。有些人对此并不严格，而把性传播疾病透露给他们的工友们。然而，这一信息可以传播到并超越出你的控制。

MORE INFORMATION?

更多的信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妓女组织，你所在地的性健康门诊或计划生育委员会联系

TRICHOMONIASIS

阴道滴虫病

“Worldwide, Trichomoniasis (often called 'trich' for short) is one of the commonest sexually transmitted infections (STIs), but it is uncommon in New Zealand.”

Auckland Sexual Health Service

“在世界范围内，滴虫（通常被称为'trich'的简称）是最常见的一种性传播感染疾病（性病），但在新西兰是罕见的。”

奥克兰性健康服务中心

WHAT IS TRICHOMONIASIS?

什么是滴虫病？

Trichomoniasis is caused by a very small parasite called *Trichomonas vaginalis*. The vagina is the most common site of infection in women, and the urethra (urine canal) is the most common site of infection in men.

滴虫病是由一个非常小的寄生虫称为阴道毛滴虫所引起的。阴道是女性常见的感染部位，尿道（尿液通道）的感染常见于男性。

The infection is most commonly diagnosed in sexually active females between 16 and 35 years. Not only can it be caught during sexual contact with an infected person, it can be passed by using sex toys contaminated with the parasite.

这种感染常见于 16 至 35 岁性行为活跃的女性。它不仅可以在与被感染者发生性接触时引起，还可以通过使用带有寄生虫污染的性玩具。

The parasite is sexually transmitted through penis-to-vagina intercourse or vulva-to-vulva (the genital area outside the vagina) contact with an infected

partner. Women can acquire the disease from infected men or women, but men usually contract it only from infected women.

这种寄生虫是通过性传播的，在与有感染的性伴侣的阴茎对阴道性交或外阴到外阴（阴道以外的外生殖器）的接触时被感染。女性可由被感染的男性或女性传染，但是男性通常只被受感染的女性传染。。

HOW DO I KNOW IF I HAVE TRICHOMONIASIS?

如何知道我是否感染上了阴道滴虫？

Symptoms in women can include::

女性症状包括

- A copious, greenish, frothy, watery vaginal discharge with an unpleasant 'fishy' smell.
- 很多的绿色泡沫状水样阴道分泌物，带有'腥'的气味。
- An uncomfortable, hot or swollen with redness and inflamed opening to the vagina and vulva. This can extend onto the upper thighs and lead to discomfort when walking.
- 阴道很不舒服，热或发红肿胀，发炎，延伸至外阴。还可以扩展到大腿，导致行走时不适。
- Itching or pain when passing urine.
- 发痒或小便时疼痛

Symptoms usually appear in women within 5 to 28 days of exposure. It is also possible to be infected but not have any symptoms.

女性通常在 5 至 28 天出现症状。但在被感染的同时，也可能没有任何症状。

Symptoms in men can include:

男性症状包括:

- A discharge from the penis and discomfort when passing urine.
- 阴茎有溢液排出和小便时不适。

- An inflammation of the head of the penis (balanitis).
- 阴茎头（龟头）炎症。

Usually, most men do not have symptoms and act as carriers of the infection.
通常，大多数男人都没有症状，但携带感染源。

HOW IS IT CAUGHT?

是怎样感染上这种疾病的？

Trichomoniasis may be passed on:

滴虫的传染途径：

- By penis-to-vagina intercourse.
- 通过阴茎和阴道的性交。
- By vulva-to-vulva (the genital area outside the vagina).
- 通过外阴和外阴（阴道以外的外生殖器区域）。

Women can acquire the disease from infected men or women, but men usually contract it only from infected women.

女性可由已被感染的男性或女性传染，但男性通常只从已被感染的女性传染。

CAN TRICHOMONIASIS BE TREATED?

滴虫可以治疗吗？

Diagnosis and Treatment

诊断和治疗

For both men and women, a health care provider must perform a physical examination and laboratory test to diagnose trichomoniasis. Trichomoniasis can usually be cured with a prescription drug, such as metronidazole, given by mouth as a single dose or as a seven-day course.

对于男性和女性，必须进行卫生健康检查和化验检查诊断滴虫。处方药通常可以治愈滴虫，如甲硝唑一次性口服，或 7 天疗程。

WHAT ABOUT MY PARTNER?

我的性伙伴要怎样做？

Male partners of female patients with Trichomoniasis always need to be treated even if there are no symptoms. It is best practice if both partners in a sexual relationship are treated at the same time to eliminate the parasite and the risk of re-infection.

女性滴虫患者的男性伴侣总是需要处理的，即使没有任何症状。最好是与性关系的伴侣同时进行治疗，以消除寄生虫和再次感染的风险

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM TRICHOMONIASIS?

如何保护我自己和我的客人不传染上毛滴虫病？

Prevention is by:

预防:

- Using condoms during vaginal sex.
- 在阴道性交时使用避孕套
- Not sharing sex toys during sex
- 在性交时不共用性器具
- Properly sterilising sex toys after use.
- 恰当的消毒使用后的性器具。
- Putting a condom over the toy before use in a working environment.
- 在工作前把安全套套在性器具上。

COMMONLY ASKED QUESTIONS

常见问题

- Can I work with Trichomoniasis?** *Trichomoniasis is only contagious if you have unprotected sex. You should be able to work just as long as you use protection*
- 患了毛滴虫病我可以工作吗？ *滴虫仅传染无防范的性行为。你应该是能够工作的，只要你使用了保护措施。*
- Do I need to tell my boss?** *Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.*
- 我需要告诉我的老板吗？ *你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，让医生不泄露诊断，但你要按指定的天数停止工作*
- Do I have to stop working?** *It is recommended that you take time off work until you have cleared the infection. If you rest you will be able to recover faster.*
- 我要停止工作吗？ *建议你请假，直到你已经清除了感染。如果你有休息你将能够很快地恢复。*
- Should I tell my clients?** *Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health*

check-up.

我应该告诉我的客人吗

如果在性交时你始终采取了预防，应该不需要告诉客户你目前的性健康状况。但是，如果在性交的时候避孕套破裂，你应该建议客户进行性健康检查。

Should I tell other people I work with?

You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control.

我应该告诉我的同事吗？

你应该保留私人生活中的一些东西，性传播疾病（STI）应是其中之一。有些人对此并不严格，而把他们的有性的传染疾病透露给工友们。然而，这一信息可以传播到并超越出你的控制。

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PUBIC LICE AND SCABIES

阴虱和疥疮

“Crabs are the most common sexually transmitted infection. There aren't reliable figures from clinics about how many people are treated for crabs because most people treat themselves at home.”

“阴虱是最常见的性传播感染。没有可靠的门诊数字显示,大约有多少人患有阴虱得到了治疗,因为大多数人在家里给自己治疗。”

New Zealand AIDS Foundation

新西兰艾滋病基金会

WHAT IS PUBIC LICE?

什么是阴虱?

Pubic lice (Crabs) are a common sexually transmitted infection caused by tiny parasites. The lice use their claws to grab and hang on to pubic hairs while feeding on blood and can cause itching in the genital area.

阴虱（蟹）是一种常见的性传播感染疾病，是微小寄生虫引起的感染。虱子使用他们的爪子抓住和挂在阴毛上，吸食血液，可导致生殖器部位发痒。

HOW DO I KNOW IF I HAVE PUBIC LICE?

我如何知道我是否有阴虱?

Signs and symptoms include:

体征和症状包括:

- Itching in the pubic or groin area due to irritation from the lice bites.
- 在耻骨或腹股沟区，有被虱子叮咬的刺激性发痒
- Seeing lice moving in the pubic hair.
- 看见虱子在阴毛移动。

HOW IS IT CAUGHT?

是怎样感染上这种疾病的？

Pubic lice may be passed on:

阴虱的传染途径：

- Having close bodily contact (skin-to-skin contact) with another person who is infected with pubic lice.
- 与阴虱感染者有过密切的身体接触（皮肤对皮肤接触）。
- By sharing clothes or someone else's bed (pubic lice can survive for some time away from the body).
- 通过共穿别人的衣服或使用其他人的床（阴虱可在体外存活一段时间）。

Pubic lice found in the pubic hair differ from those in the scalp, although pubic lice can occasionally be found in other areas of the body including eyelashes, chest hair and armpit hair.

阴虱发现在阴毛，不同与头虱。但阴虱也偶尔会在，包括睫毛，胸毛和腋毛身体其他部位发现。

CAN PUBIC LICE BE TREATED?

阴虱可以治疗吗？

Diagnosis and Treatment

诊断和治疗

Diagnosis is made by visual assessment (both eggs and adult lice are easily visible to the naked eye).

诊断是由视觉来评估的（阴虱卵和成人虱子两者是肉眼很容易看到的）。

There are several over-the-counter shampoos on the market for crabs. These should be use as directed; reapplication may or may not be necessary. After treatment, egg casings (nits) may remain visible on the hair shaft. To remove these, a fine-toothed comb dipped in vinegar can be used. Shaving off the pubic hair is not necessary.

市场上有几种不同的虱子洗发水。按照说明使用，可能或没有必要重复使用。治疗后，可能会见到干瘪的虱卵残留在毛发上。可用一细密梳子，蘸一点醋，梳掉干瘪的虱卵。剃掉阴毛不是必要的。

Bedding and clothing currently being worn should be machine washed in hot water or removed from body contact for 72 hours.

床上用品和现在穿的衣服，应该用洗衣机和热水洗涤。脱掉已穿过的衣物，在72小时内不与身体接触。

WHAT ABOUT MY PARTNER?

我的性伴侣要怎么做？

Current sexual partners should be treated and offered a sexual health screen. People who share a house or flat with someone who is infected need only be treated if they have slept in the bed or use the towels or clothing of the person who is infected.

目前的性伴侣，应予以处理和提供性健康的保护。如果与受感染的人共同使用一个房子或同睡一张床或共用毛巾、衣服，都需要治疗处理

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM PUBIC LICE?

如何保护自己和我的客户不传染上阴虱？

Preventative measures are limited to stopping the spread of the infection or preventing re-infection. To avoid catching pubic lice again:

以阻止感染或防止再感染，预防措施是有限的。为了避免再次染上阴虱：

- Make sure sexual partners are treated as well.
- 确保性伴侣得到了良好的治疗。
- Wash articles that may be infected, such as sheets, towels and clothing, in hot water.
- 用热水清洗可能被污染的物品，如床单，毛巾和衣服，。

WHAT IS SCABIES?

什么是疥疮？

Scabies is a highly contagious infection caused by microscopic mites that burrow into the skin, lay eggs and causes an itchy rash. The condition is not considered serious, but can be very uncomfortable particularly at night, when itchiness can be extreme. Excessive scratching can cause breaks in the skin and lead to skin infection.

疥疮是一种传染性很高的微小螨虫引起的感染，其钻入皮肤，产卵并导致发痒的皮疹。情况不认为是严重的，但可以是非常的不舒服，特别是在晚上。当极其瘙痒时，过度的抓刮，可导致皮肤的破损，而引起皮肤感染。

HOW DO I KNOW IF I HAVE SCABIES?

我如何知道是否感染上疥疮？

Signs and symptoms include:

体征和症状包括：

- Itch
- 痒

The itching appears a few days after infestation. It may occur within a few hours if the mite is caught a second time. The itch is characteristically more severe at night and affects the trunk and limbs. It does not usually affect the scalp.

瘙痒出现在被感染后的数天。如果是第二次被染上螨虫它可能发生在几个小时内。典型的搔痒，晚上更严重，影响到躯干及四肢。通常不影响头皮。

- Burrows

Scabies burrows appear as tiny, grey, irregular tracks between the fingers and on the wrists. They may also be found in armpits, buttocks, on the penis, insteps and backs of the heels.

- 洞穴

疥疮在手指之间和手腕上呈现不规则的小轨道洞穴，灰色。它们也可以发现在腋窝、臀部、阴茎、脚背及脚后跟。

- Generalised rash

- 普通皮疹

Scabies rash appears as tiny red, intensely itchy, bumps on the limbs and trunk. It can easily be confused with dermatitis or hives (and may be accompanied by these). The rash of scabies is due to an allergy to the mites and their products and may take several weeks to develop after initial infestation.

疥疮皮疹表现为红色小点，强烈的搔痒，红疹发生在四肢和躯干。它很容易与皮炎或荨麻疹混淆（可能是伴随症相同）。疥疮的皮疹是由于对螨的代谢产物过敏所致，最初的感染将可能有几个星期的发展。

- Nodules

- 小结

Itchy lumps or nodules in the armpits and groins or along the shaft of the penis are very suggestive of scabies. Nodules may persist for several weeks or longer after successful eradication of living mites.

发痒肿块或节结在腋窝、腹股沟或阴茎等部位，提示很有疥疮的可能性。在成功地消除活螨后，结节可能会持续数周或更长的时间，。

HOW IS IT CAUGHT?

是怎样感染了这种疾病的呢？

Scabies may be passed on:

疥疮的传染途径：

- Having close bodily contact (skin-to-skin contact) with another person who is infected with scabies.
- 与患有疥疮感染者有过密切的身体接触（皮肤对皮肤接触）
- Via bedding or furnishings, as the mite can survive for a few days away from the body (human host).
- 通过床上用品或家具。因为螨虫在离开人的身体（人类宿主）尚可存活几天。

CAN SCABIES BE TREATED?

疥疮能治疗吗？

Diagnosis and Treatment

诊断和治疗

Diagnosis can be confirmed by microscopic examination of the contents of a burrow.

Treatment involves:

可以通过在显微镜下检查洞穴内的容物来诊断。

治疗包括：

- Purchasing a treatment cream/ointment (scabicide) from your chemist, or on prescription from your doctor
- 从药房或医生处方购买治疗霜/膏（scabicide）（灭疥膏）
- The treatment stays on the skin for 24 hours and will probably need to be repeated within a week
- 药物会停留在皮肤内 24 小时，在一个星期内将可能需要重复使用。
- Remember to reapply treatment cream every time you wash your hands during this 24 hour period
- 请记住在 24 小时内重复使用霜剂时，每次都要洗你的手。
- Treat the entire body from feet to jaw, paying particular attention under nails and between toes and fingers
- 从脚到下巴的整个身体的治疗，同时特别注意指甲下面和脚趾与手指之间的部位。
- Mites can live outside the skin for up to 6 days, so good hygiene and cleansing is important to prevent re-infection with the mite
- 疥虫可以在皮肤外生活长达 6 天，因此，良好的卫生和清洁很重要，以防止再次疥疮感染。
- Secondary skin infections may need treatment with antibiotics
- 继发的皮肤感染，可能需要用抗生素治疗
- If the itching does not go away, repeat the treatment – it may take up to a month to fully clear the scabies infection - though often one treatment will be effective
- 如果瘙痒没有消失，需要重复治疗-至少可能需要一个月的时间来完全清除疥疮感染-尽管通常一次治疗是有效的
- If the treatment does not seem to be effective, then visit a doctor
- 如果处理似乎并没有效，去看医生

Each treatment with scabicide should be followed the next morning by laundering or dry cleaning of sheets and pillow cases and any clothes worn against the skin over the last week. Clean carpet and furnishings with a vacuum cleaner.

每次用 **scabicide** 疥疮膏治疗，应在第二天早晨清洗或干洗，过去一周内与皮肤有任何接触的床单、枕头套和衣服。用吸尘器清洁地毯和家具。

WHAT ABOUT MY PARTNER?

我的性伙伴要怎么做？

Sexual partners need to be treated and people who share a house or flat with someone who is infected need to be treated, even if they are not feeling itchy. 性伴侣需要处理，无论谁与有感染的人共用一个房子或单元的人都需要处理，即使他们没有感觉到瘙痒。

HOW CAN I PROTECT MYSELF AND MY CLIENT FROM SCABIES?

如何保护我自己和客户不传染上疥疮？

Preventative measures are limited to stopping the spread of the infection or preventing re-infection. To avoid catching scabies again:

以阻止感染或防止再传播感染的预防措施是有限的。为了避免再次感染疥疮：

- Ensure the scabicide is applied to the whole body from the chin down
- 确保 scabicide 灭疥膏的使用，应从下巴到全身
- Make sure all contacts are treated as well.
- 确保所有的接触物都得到良好的处理。
- Wash articles that may be infected, such as sheets, towels and clothing, in hot water.
- 被污染的物品如床单、毛巾和衣服尽可能用热水清洗。

COMMONLY ASKED QUESTIONS

常见问题。

**Can I work with
pubic lice or
scabies?**

Pubic Lice and Scabies are highly contagious through skin contact and can also be spread through the sharing of bed coverings, towels and clothes. You

<p>我感染了阴虱或疥疮可以工作吗</p>	<p><i>should stop working immediately, seek treatment and only resume work once you are clear of the infection. Most sex workers have abandoned pubic hair and as such have reduced the risk of acquiring pubic lice.</i></p>
<p>Do I need to tell my boss?</p>	<p><i>阴虱和疥疮的传染性很强，通过皮肤的接触，也可以通过共用床单、被褥、毛巾和衣服传播。你应该立即停止工作，寻求治疗。一旦你的感染清除后，可恢复工作。</i></p>
<p>我需要告诉我的老板吗？</p>	<p><i>Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work.</i></p>
<p>Do I have to stop working?</p>	<p><i>你的老板只需要知道你有病，需要停止工作。如果你需要医生的证明，让医生不泄露诊断，但你要按指定的天数停止工作</i></p>
<p>我要停止工作吗？</p>	<p><i>It is recommended that you stay home and not return to work until you are clear of the infection.</i></p>
<p>Should I tell my clients?</p>	<p><i>建议你休假在家，直到你完全清除了感染</i></p>
<p>我应该告诉我的客户吗？</p>	<p><i>Your regular clients may be infected with pubic lice. It may be important to let them know as they could be re-infecting you.</i></p>
<p>Should I tell other people I work with?</p>	<p><i>你的常规客户可能感染了阴虱。重要的是让他们知道，你可能会被重新感染</i></p>
<p>我应该告诉我的同事吗？</p>	<p><i>It may be important to let your fellow work mates know as you will have clients in common</i></p>

MORE INFORMATION?

更多的信息

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

与新西兰妇女组织，你所在地的性健康门诊或计划生育委员会联系

CYSTITIS

膀胱炎

Many sex workers, are familiar with the burning sensation and the needing to run off to the toilet frequently.

许多性工作者，都熟悉类似经历：有烧灼感，需要频繁的跑去厕所。

WHAT IS CYSTITIS?

什么是膀胱炎？

Cystitis means inflammation of the bladder. Cystitis can be caused by infection but inflammation can arise from a variety of chemical and/or physical irritations.

膀胱炎是指膀胱发炎。膀胱炎是由膀胱感染而引起的炎症。炎症能引起各种化学和/或物理的刺激症状。

HOW DO I KNOW IF I HAVE CYSTITIS?

怎么知道我患上膀胱炎了？

Signs and symptoms include any or all of the following:

- A burning or painful feeling during or immediately after passing urine.
- Passing small amounts of urine more frequently.
- Smelly urine.
- Lower abdominal pain, sudden pain in genital area
- Repeatedly getting out of bed at night to pass urine.

体征和症状包括如下某些和所有特征：

- 排尿时或排尿后尿道有烧灼痛感
- 每次尿量不多，但尿频
- 尿气味难闻。
- 下腹部疼痛，生殖器区突然疼痛
- 夜间反复起床排尿。

IMPORTANT: Pain or ache in the central back may indicate that the infection has gone up to the kidneys, this needs a doctor immediately.

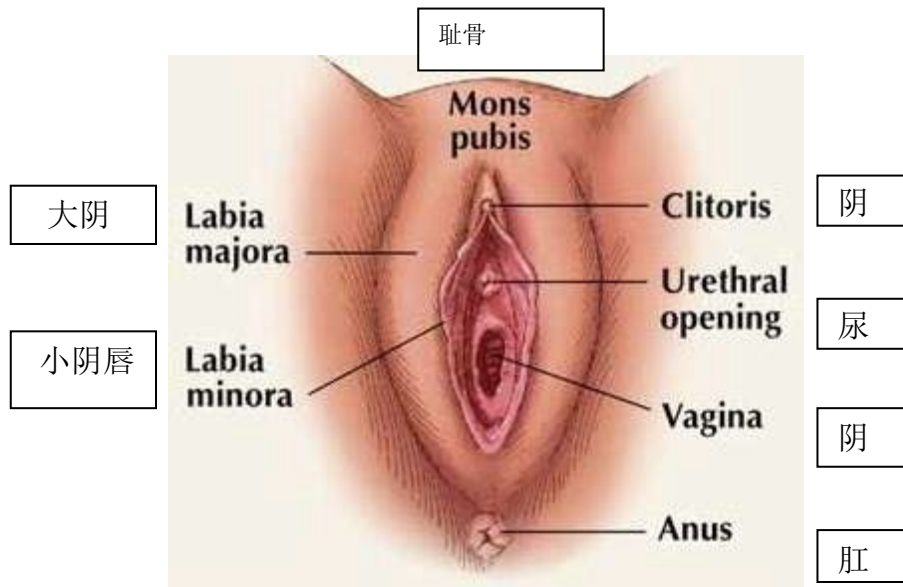
重要提示： 如果背中部区域不适或疼痛，是感染区域向肾部蔓延的症状。应该立即去看医生。

HOW DO I GET CYSTITIS?

怎样患上膀胱炎的？

The urethra is the tube through which urine passes from the bladder to the outside. Our urethras open onto the skin where there are plenty of germs including those from the bowel and vagina.

尿道是尿液通过膀胱通向体外的管道。尿道离一些寄存大量细菌的皮肤部位很近，包括肛门和阴道。



Bacteria only have to travel 4-6 mm along our urethras to reach our bladders. Most bacteria generally do no harm and stay on the skin but if they get into the urethra and bladder they cause inflammation. Ouch!

细菌只需沿着我们的尿道游行 4-6 毫米即可到达膀胱。大多数细菌附在皮肤上，一般不会造成伤害。但如果细菌进入尿道和膀胱，就会引发炎症。

People who have a vagina are more likely to get CYSTITIS than people who have a penis.

通常有阴道的群体比有阴茎的群体，患上膀胱炎的机率大很多。

Having a lot of sex can cause trauma to the urethra and bladder as they are very close to the front wall of the vagina. Friction resulting from intercourse is a major irritant, and can trigger cystitis

大量的性交能引起尿道和膀胱的创伤，因为他们非常接近阴道前壁。性交中的摩擦是主要的刺激，这可引发膀胱炎。

Soaps, bath salts, talcum powders and other scented products can act as irritants. If you feel you absolutely have to use soap on the genital area and are prone to cystitis, try to keep it to a minimum.

肥皂，浴盐，滑石粉和其他香味的产品可以成为刺激物。如果你觉得你必须在生殖器区域使用肥皂，这可能会导致膀胱炎，请使用时尽量保持最低限度。

CAN CYSTITIS BE TREATED?

怎样治疗膀胱炎？

Diagnosis is made by having a urine test. A doctor can prescribe antibiotics if the cause of the cystitis is due to a bacterial infection.

通过尿液测试进行诊断。如果因为细菌感染引发膀胱炎，医生会开抗生素处方治疗。

To help reduce the discomfort caused by cystitis it is recommended to drink plenty of water (1.5 to 2 litres per day). You need to flush out the infection and dilute your urine, which should also ease the symptoms. when you feel cystitis symptoms, you will need to avoid tea, coffee, cola drinks, and alcohol as they can irritate the bladder.

为了帮助降低膀胱炎引起的不适，建议多喝水（1.5 到 2 升/天）。你需要排出感染物，稀释尿液，同时缓解症状。当你感觉有膀胱炎症状时，你需要避免茶，咖啡，可乐饮料，包括能刺激膀胱的酒精。

Another thing to try is drinking one teaspoon of bicarbonate of soda in a glass of water 。 sachets such as URAL sachets or Citravescent can be bought at any pharmacy. This will not treat the cystitis, it will only make the pain less - temporarily.

另外可以尝试的是喝一杯稀释了一勺量的苏打水。你可以在任何药店买到 URAL 或者 Citravescent. 但他们不可以治疗膀胱炎，只能暂时帮助你减缓疼痛。

Hot baths can also help – or sometimes hot water bottles. It's important to keep going to the toilet and to avoid holding on. Some women said they set themselves up with a book and a big bottle of water and literally stayed close to the toilet until the attack started to subside. It can also be helpful to avoid having intercourse and using tampons until the symptoms have passed – not very practical for sex workers.

热水澡也可以起作用，或有时使用热水瓶。不要憋尿，多去厕所，是很重要的。

一些女人曾经带上一本书和一大瓶水，呆在厕所里直到症状有所减缓。同时停止性交和使用卫生棉条，直到症状消退——但对性工作者来讲，这不是很实用。

WHAT ABOUT MY PARTNER?

我的性伙伴会怎样？

It is unlikely to spread cystitis to your sexual partner; however, it is advised to avoid vaginal sex because this can worsen your symptoms.

不大有可能膀胱炎会传染你的性伙伴。然而，建议避免阴道性交，因为这会加重症状。

HOW CAN I PROTECT MYSELF FROM CYSTITIS?

我该如何保护自己避免患上膀胱炎？

The easiest way to prevent attacks caused by friction is to make sure you are using enough water based lubricant, like KY or Wetstuff, not only at work but in your personal life too. Make sure you are using fresh tubes of lubricant as old stock may have been exposed to bacteria. This shouldn't be a problem if you're working as products get used up quickly. Drinking lots of water is also shown to decrease cystitis incidents. So stay hydrated always!

为了防止由摩擦引起的伤害，最简单的方法是确保你使用的是足够的水性润滑剂，如 KY 或 Wetstuff，不但在工作中而且在你的个人生活也要使用。确保您使用的是新鲜的润滑剂管道，因为旧的管道可能因暴露在外滋生了细菌。如果你工作中使用的很快，这不应该是问题。喝大量的水，也可以降低膀胱炎的机率，让身体始终保持水分充足！

Of course condoms at work every time are another important prevention technique. If you and your partner are in a monogamous relationship condoms may not feature but if you have more than one partner, then no doubt condoms will feature there too.

当然安全套每次在工作中是一个很重要的保护措施。如果你和对方是彼此单一的性伙伴，安全套可能不是很重要。但如果不是，无疑安全套是很重要的。

Another thing to do is to always have a pee and a wash as soon as possible after sex. With personal partners this can be a real hassle, especially when you feel like snuggling up and going to sleep, but the consequences of having a cystitis attack can be an even bigger hassle. It's also a good idea not to wear tight crutch hugging clothes.

另外重要的是，多小便和性交后尽快清洁。当和个人的性伙伴一起时，这可能会让你感觉麻烦，尤其是缠绵后想入睡时，可是如果最终导致了膀胱炎，却是大麻烦。不要穿紧身衣，也是避免患膀胱炎的好方法。

Remember to wipe your bum from front (vagina) to the back (anus) after urinating to avoid transferring bacteria to the urethra.

记住小便后擦拭阴部时，从前（阴道）向后（肛门），这样避免把细菌带到尿道。

It's important that if symptoms do not go away after 24 hours to see a doctor as you will need antibiotics. It's a good idea to see a doctor even if the attack subsides, as cystitis symptoms are similar to those which can show up for other sexually transmitted disease.

很重要的是：24 小时后，如果症状没有消失，你要去看医生，需要抗菌素治疗。即便你的症状减轻了，去看医生也是很好的方式。因为膀胱炎症状和其他性病的症状表现很相似。

MORE INFORMATION?

需要更多的相关信息吗？

Contact NZPC or your local Sexual Health Clinic.

联系 NZPC 或者你当地的性健康诊所