

# 毒品、酒精、 和 愛滋病病毒/愛滋病

華人用戶指南

Drugs, Alcohol and HIV/AIDS: A Consumer Guide



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
[www.samhsa.gov](http://www.samhsa.gov)

毒品、酒精、和愛滋病病毒/愛滋病 (Drugs, Alcohol and HIV/AIDS) This brochure in Chinese explains the increased risk of HIV transmission among people who abuse substances and stresses the importance of seeking treatment for both substance use and HIV/AIDS. It also encourages clients to seek support from family members and lists resources to access more information. To view the English version, please go to <http://www.kap.samhsa.gov/products/brochures/consumer/index.htm>.

# 毒品和酒精

## 毒品、酒精、和愛滋病病毒有什么關係？

使用毒品和酒精成癮會導致冒險行爲，從而增加愛滋病病毒感染的可能性。比如說，與他人合用針頭或其他的毒品用具，例如洗滌水或棉花，會使您容易染上愛滋病病毒。

## 若我已經染有愛滋病病毒，還需戒毒嗎？

是的。因爲愛滋病病毒有多種類型，即使您已染有其中的一種，使用毒品可增加您感染其它種類的愛滋病病毒的可能性。倘若您已懷孕，則還可能感染胎兒。

## 若我無法做到戒毒或停止酗酒，我該怎麼辦？

不要害怕或羞于求助。您可撥打毒品與酒精治療熱線（1-800-662-HELP [4357]）。這能夠成爲您走向康復的第一步。

若您決定除了愛滋病治療外還需接受毒品或酒精治療，那麼您應該告知您的醫生，以便他能與您的毒品或酒精治療人員協調好兩者的治療方案。

### 您知道嗎？

- 使用毒品行爲在當今美國社會愛滋病病毒感染和傳播中起了最主要的作用。

資料來源：國家藥物濫用研究所, 2005 年3月。

# 愛滋病病毒/愛滋病



如今，有一半以上的新感染愛滋病  
病毒發生在注射毒品使用者中。\*



**若我單獨一人無法處理這一切，我該怎麼辦？**

不要擔心，您不必單獨面對這一切。下面所列的熱綫和網站，能夠幫助您找到所需要的高質量保健治療服務，甚至在您需要時幫助您尋找住所。您的隱私會受到嚴格的保護。請今天就打免費電話或者上網覽閱，這可能積極地改變您的一生。

\* 國家藥物濫用研究所, 2003 年.

# 您不是孤立無助的。 尋求幫助請訪問以下網站或撥打諮詢電話。

Drug and Alcohol Treatment Hotline (毒品與酒精治療熱綫)

1-800-662-HELP (4357) (僅配有英語和西班牙語服務)

Substance Abuse Treatment Facility Locator (毒品治療設施搜尋器)

<http://www.findtreatment.samhsa.gov>

AIDS Night Line (愛滋病夜綫)

1-800-628-9240 (可要求國語和粵語口譯服務)

San Francisco Drug/Alcohol Treatment Referrals and Information

(舊金山毒品/酒精治療介紹和信息服務)

舊金山: 415-362-3400 (可要求國語和粵語口譯服務)

Asian American Drug Abuse Program, Inc. (亞裔美國人藥物濫用規劃公司)

洛杉磯: 323-293-6284 (可要求國語和粵語服務)

<http://www.aadapinc.org>

Asian Pacific AIDS Intervention Team (亞太愛滋病干預組織)

洛杉磯: 213-553-1830 (可要求國語和粵語服務)

<http://www.apaitonline.org>

Asian & Pacific Islander Wellness Center (亞太康復中心)

舊金山: 415-292-3400 x351/318粵語服務; 415-292-3400 x344國語服務

<http://www.apiwellness.org/home.html>

Asian & Pacific Islander Coalition on HIV/AIDS (亞太愛滋病防治同盟)

紐約: 1-866-APICHA (274242)-9 (可要求國語和粵語口譯服務)

<http://apicha.org>

Educational Alliance Inc. (教育聯合公司)

紐約: 212-533-3570 (目前可要求粵語服務)

<http://www.edalliance.org>

## Acknowledgment

This brochure was produced under the Knowledge Application Program (KAP), contract numbers 270-04-7049 and 270-09-0307, a Joint Venture of The CDM Group, Inc., and JBS International, Inc., for the Center for Substance Abuse Treatment (CSAT), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). Christina Currier served as the CSAT Government Project Officer.

## Disclaimer

The views, opinions, and content in this brochure are those of the authors and do not necessarily reflect the views, opinions, or policies of CSAT, SAMHSA, or HHS. No official support of or endorsement by CSAT, SAMHSA, or HHS for these opinions or for particular instruments, software, or resources is intended or should be inferred.

## Public Domain Notice

All material appearing in this brochure, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA/CSAT or the authors. Citation of the source is appreciated. However, this publication may not be reproduced or distributed for a fee without the specific, written authorization of the Office of Communications, SAMHSA, HHS.

## Electronic Access and Copies of Publication

This brochure can be downloaded from the KAP Web site at <http://www.kap.samhsa.gov>. The Treatment Improvement Protocol series and its affiliated products may be downloaded from SAMHSA's Health Information Network (SHIN) Web site at <http://www.samhsa.gov/shin>.

## Originating Office

Quality Improvement and Workforce Development Branch, Division of Services Improvement, Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, 1 Choke Cherry Road, Rockville, MD 20857. HHS Publication No. (SMA) 10-4516. Adapted and translated from English version in 2010. Original English version produced in 2006.