

WHERE CAN I AVAIL OF VCT?

LUZON

ANGELES CITY
SOCIAL HYGIENE CLINIC
1-20 CHRISTINA DRIVE. VILLA TERESA SUBD.
ANGELES CITY (045) 3222979 / 09159872100

ALABANG, MUNTINLUPA CITY
RESEARCH INSTITUTE OF TROPICAL MEDICINE
(RITM) FILINVEST CORP. CITY, ALABANG,
MUNTINLUPA CITY 8072628-32 / 8072636 /
8097599 / 8422245 / 8072628 LOC. 414 / 208

BAGUIO CITY
BAGUIO GENERAL HOSPITAL AND MEDICAL CENTER
(BGHM) GOV. PACK RD. BAGUIO CITY
(074) 4423165 / 4424080 / 5236077 / 5236077 /
5234103 / 4428342 / 09175072326

CAGAYAN VALLEY
CAGAYAN VALLEY MEDICAL CENTER (CVMC)
CAGAYAN VALLEY, TUGUEGARAO CITY
(078) 3213561-64 / 3213560 / 8053560 /
09176280924

CALOOCAN CITY
SOCIAL HYGIENE CLINIC MABINI ST. CALOOCAN
HEALTH DEPT. 2888811 LOC. 2281 / 09176018331

LAOAG CITY
SOCIAL HYGIENE CLINIC
BRGY. 10 CITY HEALTH OFFICE, TUPAZ LAOAG CITY
(077) 7720289 / 09189797491

LEGASPI CITY, ALBAY
BICOL REGIONAL TRAINING & TEACHING HOSPITAL
(BRTH) LEGASPI, ALBAY CITY
(052) 4830017 / 4830886 / 4830015 / 09177935692

MAKATI CITY
SOCIAL HYGIENE CLINIC JP RIZAL ST. BRGY.
POBLACION, MAKATI CITY 8701615

MANDALUYONG CITY
SOCIAL HYGIENE CLINIC MAYSILLO CIRCLE,
MANDALUYONG CITY
5467799 / 2115336 / 09178424298

MARIKINA CITY
SOCIAL HYGIENE CLINIC 09178298862

MANILA CITY

- SOCIAL HYGIENE CLINIC SAN LAZARO, STA. CRUZ, MANILA 716942 / 09205779074
- SAN LAZARO HOSPITAL (SUH) 3099528-29 / 7438301 LOC. 6000 / 09175359380
- JOSE REYES MEMORIAL MEDICAL CENTER (JRMCC) QUIRICADA ST. STA. CRUZ, MANILA 09228245216
- JOSE REYES MEMORIAL MEDICAL CENTER BLDG. 14, DOH COMPOUND, STA. CRUZ, MANILA 7438301 LOC. 1702
- PHILIPPINE GENERAL HOSPITAL (PGH) TAFT AVE., MANILA 5261705 / 5673394 / 09396258730

PASAY CITY
SOCIAL HYGIENE CLINIC PASAY CITY HEALTH
OFFICE 5514180 / 09228915674

PASIG CITY
SOCIAL HYGIENE CLINIC CARUNCHO AVE. BRGY.
SAN NICHOLAS, PASIG CITY 6400111

PUERTO GALERA, ORIENTAL MINDORO
SOCIAL HYGIENE CLINIC RURAL HEALTH CLINIC,
PUERTO GALERA, ORIENTAL MINDORO (043)
4420182 / 09272383989

PUERTO PRINCESA, PALAWAN
SOCIAL HYGIENE CLINIC CITY HEALTH OFFICE,
PUERTO PRINCESA, PALAWAN (043) 4658182 /
09272383989

QUEZON CITY

- BATASAN SOCIAL HYGIENE CLINIC BATASAN HILLS QUEZON CITY 09228915674
- SOCIAL HYGIENE CLINIC PROJ.7 Q.C. 09186184133
- BERNARDO SOCIAL HYGIENE CLINIC Q.C. 09164781607

SAN FERNANDO, LA UNION
ILOCOS TRAINING AND REGIONAL MEDICAL CENTER (ITRMC) SAN FERNANDO, LA UNION (072) 7001766 / 7003766 / 09204124478

SAN FERNANDO, PAMPANGA
JOSE B. LINGAD MEMORIAL MEDICAL CENTER BRGY SAN DOLORES, SAN FERNANDO, PAMPANGA (045) 9613380 / 09274040365

SANTIAGO CITY
SOCIAL HYGIENE CLINIC CITY HEALTH OFFICE SAN ANDRES, SANTIAGO CITY (078) 6827687 / 09194626389

TUGUEGARAO CITY
CITY HEALTH OFFICE, TUGUEGARAO CITY (078) 8462197 / 09175745050

VISAYAS

BACOLOD CITY NEGROS OCCIDENTAL
CORAZON LOCSIN MONTELIBANO MEMORIAL REGIONAL HOSPITAL
LACSON ST BACOLOD CITY (034) 4351591 / 4332697 / 2080094 / 09228608876

ILOILO CITY

- SOCIAL HYGIENE CLINIC ILOILO CITY (033) 3208151 / 09215694450
- WESTERN VISAYAS MEDICAL CENTER (WVMC) MANDURIAO ST ILOILO CITY (033) 3211797 / 3212802 / 3211420 / 3212841-50 / 09189401217

CEBU CITY

- VICENTE SOTTO SR. MEMORIAL MEDICAL CENTER (VSSMMC) B. RODRIGUEZ CEBU CITY (032) 2539882 / 2539982 / 2537564 / 2532592 / 09193473658
- SOCIAL HYGIENE CLINIC GEN. MAXILANO ST. CEBU CITY (022) 3659962 / 09173291663
- LAPU-LAPU CITY
- SOCIAL HYGIENE CLINIC

MANDAUE CITY
SOCIAL HYGIENE CLINIC

MINDANAO

BUTUAN CITY
SOCIAL HYGIENE CLINIC CITY HEALTH OFFICE, BUTUAN CITY (085) 3423432 / 815111 LOC 1039

DAVAO CITY

- SOCIAL HYGIENE CLINIC CITY HEALTH OFFICE, MAGALLANES ST DAVAO CITY (222) 4187 / 09209102718
- SOUTHERN PHIL MEDICAL CENTER (SPMC) JP LAUREL ST. BAJADA, DAVAO CITY (227) 2731 / 09204241721

GEN. SANTOS CITY
SOCIAL HYGIENE CLINIC GEN. SANTOS CITY HOSPITAL (083) 3051510 / 09088877512

ZAMBOANGA CITY
SOCIAL HYGIENE CLINIC PETIT BARRACKS ZONE 4C CITY HEALTH OFFICE ZAMBOANGA CITY 0927483667

PREVENTIVE MEASURES

(Know your ABC)

ABSTINENCE

Abstain from sexual intercourse or, if not, practice safe sex.

BE FAITHFUL

Have a monogamous relationship with an uninfected person.

CONDOM

Use condom and other protective barriers correctly and consistently.

DON'T USE/SHARE

Do not share or use contaminated or unsterile needles or skin-piercing instruments.

EDUCATION

Education and awareness are important measures in preventing HIV/AIDS. Know your ABC. This is the best way to prevent the spread of HIV/AIDS.



For more information, please contact:

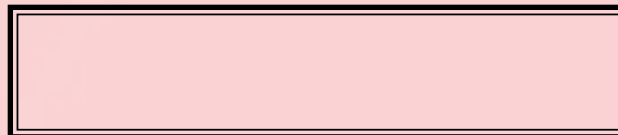
Philippine Red Cross

Health Service

Tel. No. (632)527-0000 loc. 125

Telefax: (632) 527-6353

or go to your nearest Red Cross Chapter



in partnership with:



International Federation of Red Cross and Red Crescent Societies



**The truth
about AIDS**

Pass it on...

WHAT ARE HIV AND AIDS?

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS. It attacks the immune system—the body's defense against disease. HIV is found in blood, breast milk, semen and vaginal fluids.

HIV is a virus that attacks the body and makes it weak. When the body is weak, it is easier to get coughs, diarrhea, fever and other health problems.

AIDS (Acquired Immune Deficiency Syndrome) is the name given to a group of illnesses in HIV-positive people. These illnesses arise when people living with HIV are no longer able to fight the infection because of weaker immune system.

HOW IS HIV TRANSMITTED?

1. Unprotected Sexual Contact

- HIV can be transmitted sexually through vaginal sex, oral sex and anal sex.
- HIV can be transmitted during unprotected sexual intercourse or through contact with infected blood, semen, or cervical or vaginal fluids of the infected person.
- The presence of other Sexually Transmitted Infections (STIs) increases the chance of contracting or transmitting HIV.



2. Blood Transmission

HIV-infected blood enters the body through:

- A transfusion
- Sharing of contaminated needles, syringes, razors or other sharp objects.
- Infected blood entering the body through open wounds



“Those who are engaged in activities which put them at risk of acquiring HIV should defer from donating blood. On the other hand, persons who stay healthy and practice healthy lifestyle are good candidates for blood donors. Their regular blood donations help maintain a stock of safe blood.”

3. Mother-to-Child Transmission

Mothers can pass HIV to their babies during pregnancy, during delivery, or after birth through breastfeeding.



HOW IS HIV NOT TRANSMITTED?

- Hugging
- Kissing
- Shaking hands
- Breathing the same air, coughs, sneezes
- Sweat, contact through sport
- Tears, consoling someone who is crying
- Toilet seats
- Food utensils or drinking cups
- Clothes
- Public baths or swimming pools
- Mosquito bites
- Bed bugs
- Any other biting insect or animal



IS THERE A TREATMENT FOR HIV AND AIDS?

No, there is no cure for HIV and AIDS. Progression of the disease can be slowed down but cannot be stopped completely. The right combination of antiretroviral drugs can slow down the damage that HIV causes to the immune system and delay the onset of AIDS.

WHAT SORT OF CARE AND TREATMENT ARE AVAILABLE FOR PEOPLE WITH HIV?

Treatment and care for people living with HIV consist of a number of different elements, including Voluntary Counseling and Testing, support for the prevention of onward transmission of HIV, follow-up counseling, advice on food and nutrition, treatment of STIs, management of nutritional effects, prevention and treatment of opportunistic infections, and the provision of antiretroviral drugs.

WHAT IS VOLUNTARY COUNSELING AND TESTING (VCT)?

- Voluntary Counseling and Testing is a supportive process between client and counselor, who is often a health care provider.
- A person is counseled before undergoing the test.
 - ✓ Determine the patient's HIV knowledge and correct any mistaken beliefs on HIV and AIDS;
 - ✓ Assess the person's risk by discussing past behaviors;
 - ✓ Explain the test and the meaning of test results, including how the results will be given (results should always be given in person), and;
 - ✓ Get the patient's consent or permission to conduct the HIV test.
- After the test, the individual may know his/her HIV status which can motivate people to protect themselves from infection if their test turns out negative and to prevent transmitting HIV to others if their test turns out positive.