



令和4年12月1日  
川口市立高等学校  
定時制保健室

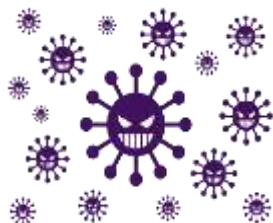
## December 1 is

### World AIDS Day

#### **Do you know the difference between HIV and AIDS?**

**HIV is the name of the virus.**

The acronym stands for "Human Immunodeficiency Virus" in English and is called "human immunodeficiency virus" in Japanese. This virus is a virus that disables the mechanism that protects the human body from various diseases (immunity).



World AIDS Day was established by the World Health Organization (WHO) in 1988 to prevent the spread of AIDS at the global level and to eliminate discrimination and prejudice against people with AIDS and HIV infection.

**AIDS is the name of the disease.**

The acronym stands for "Acquired Immuno Deficiency Syndrome" in English and "Acquired Immunodeficiency Syndrome" in Japanese. When infected with the HIV virus, the immune system is no longer able to function, and various symptoms appear due to pathogens that had no problem invading the body when the patient was healthy. These symptoms are called "opportunistic infections," and the manifestation of any of these opportunistic infections due to HIV virus infection is called "AIDS onset."

## December 10 is

### World Human Rights Day

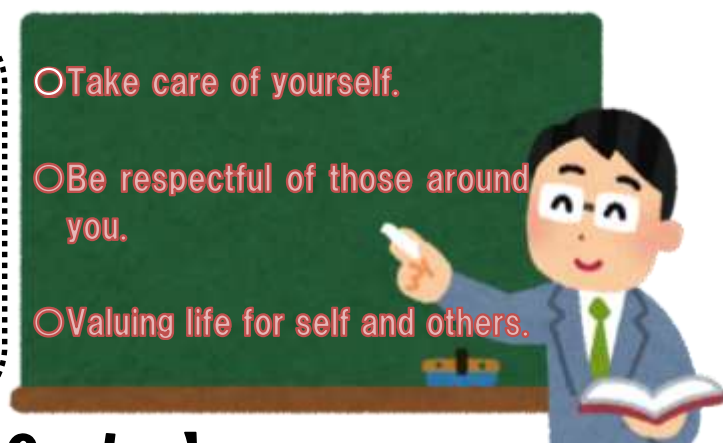
World Human Rights Day was established by the United Nations in 1950 to appeal to the international community for the protection of human rights and respect for fundamental freedoms that all human beings possess, and to spread the idea of respect for human rights throughout the world.

"Human rights" are the rights that people are born with as human beings. All people in the world, who have different faces, personalities, ways of thinking, and ways of living, have the same size and strength of "human rights". Let's not think, "Who am I?" but accept ourselves as we are, have confidence, and live with pride. In this way, we can naturally be kind to others. I would like to be a person who recognizes and is considerate of both myself and others.

○Take care of yourself.

○Be respectful of those around you.

○Valuing life for self and others.



## **[Kindness, Compassion, and Quotes]**

There is nothing so strong as gentleness, nothing so gentle as true strength

Ralph Sockman.

Kind words, even if they are simple words, will stick in your mind for a long, long time.

Mother Teresa

Most obviously, if we take care of ourselves, we will be able to treat others with respect, kindness, and generosity.

Nathaniel Branden