

# HIV Facts Quiz

1. HIV can be passed from one person to another...

- If a man and a woman have sex
- If two men have sex
- If two women have sex
- By sharing a toothbrush
- By sitting next to each other
- By hugging or kissing
- By helping them if they cut their finger
- By sharing a drinking cup or cutlery
- By swimming in the same pool
- By sitting on a toilet seat just after they have
- By coughing or sneezing
- By being best friends
- When someone who uses drugs by injecting with a needle shares a needle that has recently been used by someone else who has HIV
- When someone is given a blood transfusion or a blood product
- If a woman with HIV becomes pregnant – she can pass it on to her baby

2. If someone gets HIV they will not live a long time

3. You can tell if someone has HIV by looking at them

4. Once someone has HIV there is little that can be done to help them

5. People with HIV in the developing world don't usually live as long as people with HIV elsewhere

True False Not Sure

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# Answers

## 1. (a) – (c) True

If a condom is not used for penetrative sex, HIV can be passed between two people through semen and vaginal fluids if one of the people has HIV. (This is because HIV can be found in a man's semen or a woman's vaginal fluid.) Using a condom properly when having oral, vaginal or anal sex can prevent the exchange of infected semen or vaginal fluids.

## (d) – (l) False

You cannot catch HIV from someone through everyday interaction.

## (m) True

Some people who inject drugs, such as heroin, share needles, syringes and other injecting equipment and have caught HIV in this way. The first person using the syringe leaves a tiny bit of infected blood in the syringe and when the next person uses the syringe this blood goes into them. There are needle exchange schemes across the country where people who inject heroin can get clean needles to prevent the spread of HIV infection. These have been very successful in England. Having an injection at the doctor's or in hospital is not a problem because a new syringe is used for each injection. Also syringes can be sterilised to clean them and kill off any infection in them. In some countries a lot of people, including children, were infected with HIV when they were injected in hospital with syringes that had been used on other people who had HIV.

## (n) True – but not in this country

It could happen if the blood product was infected with HIV. Since 1985 in the UK blood and blood products have been heat treated to inactivate the virus. Since then, there have been no recorded transmissions of HIV caused by infected clotting factor used for treating haemophilia. All blood donations have also been screened for HIV antibody. Before that, blood was not treated because people did not know

about HIV and some people, including children, got HIV this way. It cannot happen in the UK any more but it still happens in some other countries where they cannot afford to check and treat blood before giving it to people in hospital.

## (o) True – this can happen, however rates of HIV transmission from women to their babies in the UK are very low

In 2008 just 1.3% of new HIV diagnoses in the UK were cases of mother-to-child transmission. Overall there have been just 1,829 cases from the start of the HIV epidemic through to the end of 2008. This is because antenatal screening, treatment to block transmission, avoiding breastfeeding, and elective Caesarean delivery have all dramatically reduced the number of new cases diagnosed. Using all these methods, the chances of a woman with HIV having a healthy baby have increased dramatically and are now around 99%.

## 2. False

Many people who have HIV live happy and healthy lives for many years after they first get it, particularly if they find out they have HIV soon after contracting it and they take medicines regularly.

## 3. False

Many people probably have HIV without knowing it themselves. The only sure way to find out is to have a HIV test.

## 4. False

There are medicines which help people stay as healthy as possible and live longer. Also having a healthy lifestyle and looking after your emotional and physical health can help.

## 5. True

This is because the cost of the medicines, food and living conditions needed to stay healthy are less affordable in developing countries than elsewhere.