

QUIZ ROUND: World AIDS Day 2018

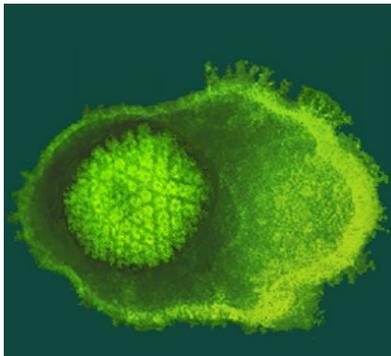
1. What do HIV and AIDS stand for?

Answer: HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immune Deficiency Syndrome.

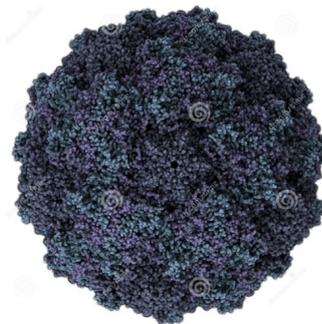
More info: It's important to remember that HIV and AIDS are not the same thing. When someone is described as living with HIV (Human Immunodeficiency Virus), they have the HIV virus in their body. A person is considered to have developed AIDS (Acquired Immune Deficiency Syndrome) when the immune system is so weak it can no longer fight off a range of diseases with which it would normally cope.

2. Picture round: Which of the following images is the HIV virus?

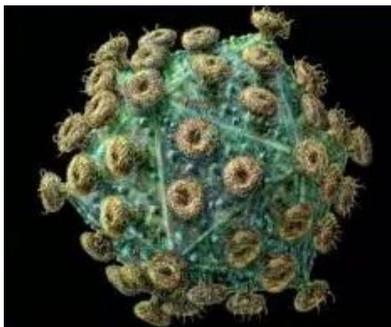
A



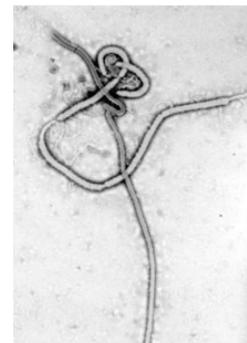
B



C



D



Answer: c.

a = the varicella zoster virus – which causes chicken pox

b = human rhinovirus - the predominant cause of the common cold

d = ebola virus

More info: HIV belongs to a group of viruses called retroviruses. The shape of the virus means it is able to infect and therefore destroy or disable CD4 T-cells. CD4 T-cells co-ordinate the immune system's fight against infection.

3. According to Public Health England, how many people in the UK were living with HIV in 2015? (Including people who are not yet diagnosed.)

- A. 37,800
- B. 278,300
- C. 82,500
- D. 101,200

Answer: According to Public Health England, in 2015 there were an estimated 101,200 people living with HIV in the UK. This includes 87,700 people with diagnosed HIV, who are getting specialist care, but also an estimated 13,500 who are not yet diagnosed.

More info: Every year, Public Health England collects, analyses and publishes official statistics relating to the number of people newly diagnosed with HIV and the number accessing HIV care in the UK. They also use sophisticated modelling, based on what is known about the epidemic, to provide an estimate of the number of people living with HIV who have not yet been diagnosed.

4. What proportion of people diagnosed with HIV in 2015 were 25-49?

- A. 12%
- B. 23%
- C. 55%
- D. 71%

Answer: 71%.

More info: The proportion of people acquiring HIV between 25-49 was 71%. This will include people who have recently acquired HIV, as well as some people who may have been living with undiagnosed HIV for some years. The proportion diagnosed at age 50 years and over has increased from 9% in 2006 to 17% in 2015.

5. What proportion of people living with HIV in the UK acquired their HIV through sharing needles, syringes or other injecting equipment?

- A. 2%
- B. 11%
- C. 23%
- D. 40%

Answer: According to Public Health England, 1,900 people accessing care in 2016 had acquired their infection through sharing needles, syringes and other injecting equipment. This represents just over 2% of the 87,700 people accessing HIV care in the UK in that year.

More info: The UK introduced important harm reduction measures early in the HIV epidemic, such as access to needle and syringe exchanges. The number of people who acquire HIV through injecting remains stable and, compared to other countries, quite low.

6. True or false: you can get HIV from a mosquito bite

Answer: False

More info: It is physically impossible for a mosquito (or any other insect which bites mammals) to transmit HIV. Firstly, the HIV virus can't survive in or on an insect. Secondly, these insects only suck blood up, they do not inject blood back in.

7. True or false: Pre-exposure prophylaxis, or PrEP, prevents HIV transmission even when a condom isn't used.

Answer: True. If used correctly, PrEP is effective against preventing HIV. However, it does not prevent against other STIs or pregnancy.

More info: A person can take Pre-Exposure Prophylaxis, or PrEP, to prevent themselves from acquiring HIV. PrEP is a medication which is highly effective at preventing HIV transmission, when used as directed. PrEP is not yet routinely available on the NHS but some people can access it via the IMPACT trial or buy it online.

8. How often should you get tested for HIV if you are sexually active?

- A. At least once a year
- B. Every four weeks
- C. You don't need to test for HIV unless you're at high-risk

Answer: At least once a year.

More info: Getting tested regularly for HIV is the only way to be sure of your HIV status. Although some people may be at greater risk of acquiring HIV, anyone can acquire HIV if they are sexually active. If you do acquire HIV, getting regularly tested means you will know about this sooner rather than later, and you will be able to start treatment as early as possible.

9. What are the benefits of HIV treatment?

- A. It prevents sickness and gives you a normal life expectancy
- B. It suppresses the virus so that you can't pass it on
- C. Both of the above

Answer: Both of the above

More info: HIV treatment is extremely effective and an HIV positive person on treatment can now lead a full and active life and has a normal life expectancy. HIV treatment also has preventive benefits. It reduces the level of HIV in the body to what is clinically referred to as an 'undetectable viral load' (this normally takes around six months from starting treatment). If someone's viral load is undetectable, that means that they cannot pass on HIV, even when having sex without condoms.

10. True or false: There are some people who acquire HIV but manage to live well for decades without needing treatment.

Answer: True. While the vast majority of people living with HIV need to take treatment daily, to avoid significant deterioration of their health, a very rare group of people, called 'elite controllers', experience such slow progression of HIV that their HIV viral load remains low, even without treatment.

More info: Most people who are living with HIV and do not access treatment will develop HIV-related illness within 5-10 years and will eventually be diagnosed with AIDS. Elite controllers are very rare and very interesting to HIV researchers, especially those who are trying to develop a cure for HIV.

11. According to a 2015 study of people living with HIV in the UK, what proportion had experienced people gossiping about their HIV positive status in the past year?

- A. 6%
- B. 10%
- C. 19%
- D. 33%

Answer: 19%

More info: The HIV Stigma Index 2015 study involved over 1,500 people living with HIV in the UK and surveyed them about their experience of HIV-related stigma. Nineteen percent said they had experienced gossiping about their HIV in the past year and one in five had experienced harassment or verbal threats.

12. In what year did a sitting member of UK Parliament first talk publicly about living with HIV? (Bonus point if you can name the MP)

Answer: 2005. *Bonus point for Chris Smith MP.*

More information: In 2005, Chris Smith MP (now Baron Smith of Findlay), decided to talk publicly about his experience of living with HIV. In the most recent 2015 General Election, three prospective parliamentary candidates spoke publicly about living with HIV as part of their campaign interviews.