

HIV & AIDS Quiz – Answer Key

- 1) **HIV is a virus that attacks and weakens which body system?**
 - a. Digestive system
 - b. Respiratory system
 - c. **Immune system** - The immune system's job is to protect and fight off any germs and diseases. HIV not only attacks the immune system, it takes it over so that the immune system starts to make more copies of the virus.

- 2) **What is a way that one can become infected with HIV?**
 - a. Having unprotected sex (without using a condom) with someone who is HIV positive.
 - b. An infected mother passes it on to her baby.
 - c. Through direct contact between the blood of an infected person and the blood of someone not infected.
 - d. **All of the above**

- 3) **Which body fluid cannot transmit HIV?**
 - a. Blood
 - b. **Saliva** - Because of the very small amounts of HIV are found in the saliva of an infected person, very large amounts of saliva would need to get into the bloodstream for infection to occur.
 - c. Semen
 - d. Vaginal fluids
 - e. Breast milk

- 4) **What is the difference between HIV and AIDS?**
 - a. There is no difference
 - b. HIV can be cured but AIDS cannot be cured
 - c. **HIV causes AIDS** - HIV stands for Human Immunodeficiency Virus, the virus that can cause AIDS. If you have been infected with HIV you are said to be HIV-positive. AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is rarely one disease but rather a group or combination of illnesses that develop because the body can no longer fight disease as it normally would.

- 5) **Is there a cure for AIDS or a vaccine that can prevent it?**
 - a. Yes
 - b. **No** -. At the moment, there is no cure for HIV and the virus will always remain in your blood. However, it is important to remember that many people who are HIV-positive look and feel healthy. Treatments now available cannot cure HIV but may delay the development of AIDS for many years.

- 6) **Can mosquitoes transmit HIV?**
- Yes
 - No** - HIV doesn't survive in insects. When an insect bites, it doesn't inject its own, or a previously bitten person's, blood. It injects its own saliva. And saliva does not contain enough HIV to infect anyone. Diseases such as malaria are transmitted through the saliva of some mosquitoes.
- 7) **You have the right to say no to sex:**
- You can say no at all times.** You have the right to change your mind and say no to anyone, anytime. No one has the right to force you to have sex – what you want is as important as what your partner wants – he/she should respect your decision.
 - You cannot say no if you have already had sex with the person.
 - You cannot say no if you first said yes and then change your mind.
- 8) **It's possible to become infected with HIV if you have unprotected sex ONLY once.**
- True**
 - False
- 9) **It's possible to become infected with HIV if you touch or hug someone who is infected, or share food with them, or use the same toilet.**
- True
 - False**
- 10) **How do you know if you have HIV?**
- You can never know if you are infected.
 - Your skin breaks out into rashes and you get a fever.
 - There are no obvious signs** – you may look and feel healthy, but the only way to know for sure is by getting an HIV test.
- 11) **You can find out if you have HIV by:**
- Getting an eye examination
 - Checking yourself for unusual wounds or cuts
 - Getting a blood test** - The blood test for HIV shows whether or not there are antibodies (cells that fight infection) to the virus in your blood.
- 12) **On average, how long do you have to wait to know if you have HIV?**
- It takes your body 9 months to develop signs of HIV **in the blood.**
 - It takes one week after infection
 - It takes up to three months** for the body to **develop signs that can be seen in a blood test** (not outwardly visible signs). Most people develop antibodies in 20 days. The most common test for

HIV is an HIV antibody test. When a virus gets into a person's body, cells are made to get rid of the 'invader'. These cells are called antibodies. An HIV antibody test is looking for signs of HIV antibodies.

13) If you have a sexually transmitted infection (STI), your chances of getting HIV are:

- a. **Higher** - Studies have repeatedly demonstrated that people are 2-5 times more likely to become infected with HIV when other STIs are present. STIs can be treated, and some can be cured. It is worth seeing a doctor as soon as you can to prevent any long term damage, like infertility. There is now strong evidence that other STIs increase the risk of HIV transmission and, conversely, that STI treatment reduces the spread of HIV. **STIs that cause genital lesions can create a portal of entry for HIV. STIs without lesions increase the number of HIV target cells (T-cells) in cervical secretions, thereby likely increasing HIV susceptibility in women.**
- b. The same
- c. Lower

14) What does it mean to have HIV?

- a. I can never have sex again.
- b. I need to give up work.
- c. I can never have children.
- d. **None of the above** - A person with HIV does not have to cancel their life – they can live for 2 to 20 years with this virus. There will be periods of sickness and tiredness but there will also be long periods of wellness. Support people and good medical care make a huge difference.

15) There is nothing to be done if a person learns they have HIV.

- a. True
- b. **False** - *HIV can be treated but it cannot be cured. There are drugs that (taken together in various combinations) slow or halt the damage it does to a person's immune system or help repair any damage that has been done.* Until the mid-1990's there were few options for medical treatment of HIV. Now there is a range of anti-HIV drugs, often called 'anti-retrovirals'. They maintain the good health of people with HIV and prevent them from developing serious illnesses related to HIV. There are also additional treatment possibilities undergoing trials. Most people do not need to start antiviral drugs immediately. HIV affects different individuals differently and unfortunately antiviral drugs have side effects that also require treatment. It is important to **consult with a doctor** to work out just how it is affecting your system at present. Doctors use blood test results to help them to assess this.

16) How can you help someone who has HIV/AIDS?

- a. By being scared of catching the virus and running away.
- b. By telling everyone else that they have HIV or AIDS.
- c. **By showing your support through respect, affection, friendship, and encouragement.**

17) Can a woman with HIV have a baby that does NOT have HIV?

- a. No, HIV is always passed from mother to child.
- b. Yes, but only if the mother is not taking any HIV treatments.
- c. **Yes**, chances of having an HIV-free baby are reduced if the mother takes anti-HIV drugs (antiretrovirals) during pregnancy from about the 4th or 5th month, takes antiretroviral drugs during labour, chooses to have a caesarean section, gives the baby a short course of antiretroviral drugs after birth, and by not breast-feeding.

18) Once you have HIV in your body is there any way to get it out?

- a. Yes
- b. **No** - Once a person is infected with HIV they cannot get rid of it. Medical drugs can slow it down but not get rid of it. There is no way to get the virus out of the body once it is in the blood stream. A person can take anti-HIV drugs to slow the virus making copies of itself. Drugs can also help the immune system to keep fighting off the virus. It can be controlled, but not 'got rid of', once a person is infected.

19) When does a person have AIDS?

- a. When they become infected with HIV.
- b. **When their immune system is severely damaged** - AIDS is defined as when a person has had one or more 'AIDS defining illnesses' and a T-cell (also known as CD4) count of below 200. An 'AIDS defining illness' is the kind of disease a person could get because their immune system is so vulnerable, like certain kinds of cancers, or pneumonia. A low T-cell count tells a person that the virus has destroyed a lot of their healthy T-cells. There are two primary types of T-cells: **CD4 Cells** - These cells have molecules called CD4 on its surface. These "helper" cells initiate the body's response to invading micro-organisms such as viruses. **CD8 Cells** - These types of T-cells have a molecule called CD8 on their surface. CD8 cells destroy cells that have been infected with foreign invading micro-organisms. CD8 cells also produce antiviral substances (antibodies) that help fight off the foreign invader. CD4 cells are the host cells that aid HIV in replication. HIV attaches to the CD4 cells, allowing the virus to enter and infect the CD4 cells, damaging them in the process. The fewer functioning CD4 cells, the weaker the immune system and therefore the more vulnerable a person is to infections and illnesses.

20) For a person with HIV, the best approach is:

- a. To not do anything at all, keep on as before.
- b. **Early treatment (healthy lifestyle or drug treatment, depending on the level of infection) and continual testing** - With HIV, the immune system starts to break down straight away. So, testing for any signs of illness in the blood before they show up means people can prevent serious infections and prevent further damage to the immune system. Your doctor will take at least two blood tests: a viral load test to see how much HIV is in your bloodstream, and **a T-cell test, also known as a CD4 count**, which tests how strong your immune system is. Based on the test results, you and your doctor will have a clear picture of how HIV has progressed and when you should start taking HIV medications. Generally, every three to six months you should visit your doctor to find out if the HIV is progressing. The goals of treatment are to: • Preserve and restore your immune system. • Maintain a viral load as low as possible. • Minimize side effects. • Prolong your life and maintain your quality of life.

21) **Drug resistance means:**

- a. **HIV changes itself so the HIV drugs do not work any more** - Drug resistance is when HIV changes or mutates so that the medication is not effective anymore. It's one of the most common reasons why HIV therapy fails. **Improper use/self-medication of ARVs can also cause drug resistance -if a person were to miss a few doses of their medication, then some HIV replication may occur, allowing the opportunity for the virus to become resistant to the drugs that person is taking;** This can mean a person needs a higher dose of the same drug or changing to a new HIV medication. The primary reason that HIV becomes resistant to treatment is the mistakes that the virus makes as it copies itself. These mutations then cause anti-HIV medications to work less and less well. Therefore, slowing down the copying process is the key to limiting the development of resistance.
- b. A person with HIV is reluctant to go on HIV medication

22) **When deciding on treatments, a person with HIV should:**

- a. Start treatment right away
- b. **Take time to consider and consult with a doctor** - This is not an easy decision. Most people do have some time to consider. Once a person has started drug treatments it may mean a lot of changes in their life, and be difficult to stop and start drug treatment too. The decisions to start HIV drug treatments should be based on how much virus is in a person's blood, how many T-cells they have, and disease stage.

23) **The most effective type of *drug* treatment for HIV infection is:**

- a. Antibiotics
- b. Salt and water
- c. Traditional herbs and remedies
- d. **Anti-HIV drugs (anti-retrovirals -ARVs) in combination with living a healthy lifestyle, like good nutrition to help boost immune function, maximize the effectiveness of antiretroviral therapy, reduce the risk of chronic illnesses such as diabetes and cardiovascular disease, and contribute to a better overall quality of life. Not everyone with HIV has to take ARVs – depending on the level of infection – and once you start taking them, you have to continue taking them regularly for the rest of your life. Other non-drug treatment includes boosting your natural immune system so it can fight HIV.** This is called "immune modulation." The reason HIV symptoms don't appear for many years is because your immune system does a remarkable job in fighting HIV. Anti-viral drugs are primarily for those whose immune system is overwhelmed by the virus. Other treatment strategies include ways of boosting your immune system's strength, so it can fight HIV longer.

(Most questions taken from <http://www.hivaidsonline.com.au/quiz/printquiz.html>)