

QUIZ – Test Your Knowledge of HIV & AIDS!

- 1) **HIV is a virus that attacks and weakens which body system?**
 - a. Digestive system
 - b. Respiratory system
 - c. Immune system

- 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
 - 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

- 5) **Is there a cure for AIDS or a vaccine that can prevent it?**
 - a. Yes
 - b. No

- 6) **Can mosquitoes transmit HIV?**
 - a. Yes
 - b. No

7) You have the right to say no to sex:

- a. You can say no at all times.
- b. You cannot say no if you have already had sex with the person.
- c. 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.

- a. True
- b. 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.

- a. True
- b. False

10) How do you know if you have HIV?

- a. You can never know if you are infected.
- b. Your skin breaks out into rashes and you get a fever.
- c. There are no obvious signs.

11) You can find out if you have HIV by:

- a. Getting an eye examination
- b. Checking yourself for unusual wounds or cuts
- c. Getting a blood test

12) On average, how long do you have to wait to know if you have HIV?

- a. It takes your body 9 months to develop signs of HIV in the blood.
- b. It takes one week after infection
- c. It takes up to three months for the body to develop signs that can be seen in a blood test

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

- a. Higher
- 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

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

- a. True
- b. False

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

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

- a. Yes
- b. No

19) When does a person have AIDS?

- a. When they become infected with HIV.
- b. When their immune system is severely damaged.

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.

21) Drug resistance means:

- a. HIV changes itself so the HIV drugs do not work any more
- 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.

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.

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