

HIV/AIDS QUIZ

Please tick the right answer to the questions below and explain your answer.

Question	Yes	No	Reason for your choice
1. There is a direct link between HIV and AIDS.			
2. HIV can affect only human beings.			
3. You can get HIV when touching or hugging somebody who is infected by HIV			
4. A healthy looking infected person can infect somebody by having unprotected sex with him or her			
5. It is easy to recognize whether some one is infected or not.			
6. Sexually transmitted diseases increase the risk of transmission of HIV			
7. The only way to know whether someone is infected is to perform a specific medical test.			
8. The quantity of virus in the body is a key factor in how long someone will live.			
9. Some traditional healers can cure AIDS.			
10. A well balanced diet, avoiding alcohol and smoking, and having protected sex are good ways to live many years after being infected with HIV.			
11. Most opportunistic affections can be cured in Papua New Guinea			
12. One cannot be infected by having only one unprotected sexual intercourse.			
13. A virgin can be infected by HIV.			
14. A mother who is HIV positive can have a healthy baby.			
15. Most babies who are HIV positive at birth become HIV negative after six months.			
16. The commonly used HIV test always detects HIV in the blood of infected people.			

ANSWERS TO THE QUIZ

Question	Yes	No	Reason for your choice
1. There is a direct link between HIV and AIDS.	YES		There is a direct link between HIV and AIDS. HIV is the virus that causes AIDS, the disease(or more accurately, the syndrome)
2. HIV can affect only human beings.	YES		<p>HIV can affect only human beings. The virus cannot survive in the blood of animals or insects. Therefore,</p> <ul style="list-style-type: none"> • Mosquitoes cannot transmit HIV • if a man has sexual intercourse with an animal (a goat for instance) he cannot transmit HIV to the goat. The goat's blood is different from the human blood. The virus cannot survive in the goat's blood. <p>Note that animals can be affected with different viruses belonging to the same family and having the same sort of effects:</p> <ul style="list-style-type: none"> • SIV stands for Simian Immunodeficiency Virus. This virus affects monkeys exclusively. It cannot be passed onto humans (However, a theory is looking at the possibility for HIV to be the result of a mutation of the SIV) • FIV stands for Feline Immunodeficiency Virus. This virus affects felines exclusively (cats, lions, etc.). It cannot pass onto humans. It is common in Europe.
3. You can get HIV when touching or hugging somebody who is infected by HIV		NO	You cannot get infected through skin contact if your skin is healthy and unbroken. There is a theoretical risk that exists if the uninfected person has got an open Wound that would come into contact with blood from the HIV positive person.
4. A healthy looking infected person can infect somebody by having unprotected sex with him or her	YES		The infected person can look healthy for many years. However, the virus is present in his blood and semen in case of a man or her blood and vaginal fluid in case of a woman. This person can therefore infect other persons through unprotected sexual intercourse.
5. It is easy to recognize whether some one is infected or not.	NO		At any stages of the disease it is impossible to recognise if someone is infected or not. The only way to know if someone is infected or not is by performing the HIV blood test.
6. Sexually transmitted diseases increase the risk of transmission of HIV	YES		Because the sexual organs are damaged and more sensitive to infections. Furthermore, in most STDs there is presence of pus and/or blisters that contain huge quantities of viruses. It is therefore advised to stop any type of sexual relation in case of one partner having a STD.
7. The only way to know whether someone is infected is to perform a specific medical test.	YES		(see question 5)
8. The quantity of virus in the body is a key factor in how long someone will live.	YES		Because the quantity of virus will determine the number of White Blood Cells that will be attacked. The more HIV is present, the more White Blood Cells are destroyed and the less the body can fight opportunistic infections.

9. Some traditional healers can cure AIDS.	NO		<p>Nobody, neither traditional healers nor medical staff can cure HIV. People who claim they can are liars, trying to attract clients and make money. HIV positive people are very sensitive. They want to be cured and to live longer. They don't want to die. Most of them are tempted to try anything to get cured and may listen to traditional healers. However, the solutions suggested are more often damaging the health of the infected person or of other persons than benefiting the infected person. Some traditional healers for instance recommend that infected persons should have sex with virgins. This results in rape of young girls by infected persons. The result of such practice is:</p> <ul style="list-style-type: none"> • The infected person remains infected • The young girl is suffering psychologically (rape is a violent assault) and can get infected during sexual intercourse. <p>Such practice should seriously be condemned.</p>
10. A well balanced diet, avoiding alcohol and smoking, and having protected sex are good ways to live many years after being infected with HIV.	YES		<p>A good diet will help the person to live healthy for a longer period. It will support the defence system of the body. Having unprotected sex with other people can result in becoming infected with other strains of HIV which will damage the immune system further. Even two people living with HIV who have sex together must use condoms to protect themselves.</p>
11. Most opportunistic affections can be cured in Papua New Guinea	YES		<p>The opportunistic infections are the infections attacking the body once it has been weakened. It can be tuberculosis, diarrhoea, different sorts of pneumonia, etc. Most of them can be cured in PNG. Drugs are available in the hospital, clinics and pharmacies.</p> <p>AIDS is not a disease, it is a syndrome, a condition. To cure AIDS would mean to kill the HIV inside the person's body. This is not currently possible. However, to cure the opportunistic diseases is possible.</p> <p>Diseases such as PCP (Pneumo Cystis Carinii Pneumonia) that never affect healthy people can be encountered in people whose immune system is depleted (including in cases when the immune system is depleted because of HIV).</p>
12. One cannot be infected by having only one unprotected sexual intercourse.		NO	<p>Someone can be infected the first time he/she has unprotected sex with an infected partner. This is why it is recommended to ALWAYS use a condom if you are not sure about the HIV status of your partner.</p>

13. A virgin can be infected by HIV.	YES		<p>A virgin, prior to his/her first sexual intercourse, can be infected:</p> <ul style="list-style-type: none"> • At birth (but most children with HIV infection die before the age 3) • During breastfeeding (children can live for quite a long time when infected during breastfeeding) • Through direct blood contact (use of razors, blades or needles). <p>The fact that someone is a virgin is not a guarantee of HIV negative status. Furthermore, during the first sexual intercourse, if the virgin has unprotected sex with a HIV positive person, he/she can get HIV.</p>
14. A mother who is HIV positive can have a healthy baby.	YES		<p>25% of the HIV positive mothers will have a HIV infected baby and 75% will have a healthy baby. A HIV positive mother can have a healthy baby if:</p> <ul style="list-style-type: none"> • She does not have problems during pregnancy and her placenta does not get damaged • There is no transmission at birth (it is possible to reduce the contact between the blood of the mother and the baby with a C-section) • There is no transmission while breastfeeding
15. Most babies who are HIV positive at birth become HIV negative after six months.	YES		<p>All babies from HIV positive mothers will be HIV positive at birth because they have the maternal antibodies in their blood. Therefore the HIV test is recognizing the maternal antibodies. However 25% only have the virus and 75% do not have the virus. After 6 months the 25% with the virus will remain HIV positive because the baby starts producing his/her own antibodies, while the 75% without the virus will turn HIV negative because the maternal antibodies have disappeared.</p>
16. The commonly used HIV test always detects HIV in the blood of infected people.		NO	<p>The commonly used HIV tests used does not detect the HIV virus in the blood but detects the antibodies in the blood.</p> <p>A test to detect directly the HIV in the blood exists but it is very expensive and is not commonly used.</p>