

## Avert's HIV and AIDS quiz

### Easy questions

#### 1. What is the difference between HIV and AIDS?

- a. HIV is a virus and AIDS is a bacterial disease
- b. There is no difference between HIV and AIDS
- c. HIV is the virus that causes AIDS

*Answer: c. HIV is the virus that causes AIDS. A person can live a relatively normal life for many years if they are diagnosed with HIV, but they are said to have AIDS when they develop an HIV related illness.*

#### 2. Is there a cure for AIDS?

- a. Yes
- b. No
- c. Only available on prescription

*Answer: b. There is no cure for AIDS. This means it is important to be aware of prevention methods such as safe sex to protect yourself.*

#### 3. Approximately how many people are living with HIV worldwide?

- a. 33 million
- b. 23 million
- c. 13 million

*Answer: a. 33 million people were living with HIV at the end of 2007, and the vast majority of these people were in sub-Saharan Africa.*

#### 4. Can you get AIDS from sharing the cup of someone with HIV?

- a. Yes
- b. No
- c. Only if you don't wash the cup

*Answer: b. It is not possible to become infected with HIV from everyday casual contact such as sharing food, shaking hands or touching the same objects. You are only at risk from HIV if you are exposed to infected blood or bodily fluids.*

**5. Can insects transmit HIV?**

- a. Yes
- b. No
- c. Only mosquitoes

*Answer: b. Insects cannot transmit HIV. When taking blood from someone mosquitoes do not inject blood from any previous person. The only thing that a mosquito injects is saliva, which acts as a lubricant and enables it to feed more efficiently.*

**6. HIV can make a person ill because...**

- a. It makes a person lose weight very suddenly
- b. It reduces the body's core temperature
- c. It attacks the immune system

*Answer: c. HIV affects a person's immune system, which makes them more vulnerable to infections, and can make them very ill.*

**7. Does HIV only affect gay people?**

- a. Yes
- b. No

- c. Only gay men
- d. Only gay women

*Answer: b. HIV can affect anyone from any part of the world, no matter whether they are gay, straight, old or young.*

### Medium questions

**1. AIDS was first reported in the U.S. in...**

- a. 1975
- b. 1981
- c. 1986

*Answer: b. AIDS was first identified in the U.S. in 1981 after several gay males became ill with a rare form of cancer. The term "AIDS" was first used the following year.*

**2. HIV is believed to have evolved from a similar virus found in which animal?**

- a. Baboon
- b. Chimpanzee
- c. Elephant
- d. Guinea pig

*Answer: b. The SIV virus found in chimpanzees is very close to HIV. It is believed that the virus crossed species to humans.*

**3. If someone with HIV has a CD4 count of 200 or less, what does this mean?**

- a. Their immune system is very healthy

- b. They no longer have HIV
- c. They should probably start antiretroviral treatment
- d. They will die within a week

*Answer: c. The more CD4 cells there are in a person's blood, the stronger the immune system. A CD4 cell count below 200 indicates that the person has a very weak immune system and requires antiretroviral therapy.*

#### **4. What is the risk of transmitting HIV during oral sex?**

- a. Just the same as anal or vaginal sex
- b. There is a 50% chance that HIV will be transmitted if one person is HIV positive
- c. The risk is very low, but increased if either person has cuts or sores on their mouth or genitals

*Answer: c. The risk of HIV transmission through oral sex is much smaller than that through anal or vaginal sex. If the HIV positive person has bleeding wounds or gums there is a greater chance of HIV transmission.*

#### **5. Which of these famous sports stars died of AIDS?**

- a. 3-time tennis Grand Slam champ, Arthur Ashe
- b. Manchester United football legend, George Best
- c. Olympic sprint champion, Florence Griffith-Joyner, aka 'Flo-Jo'

*Answer: a. Anti-Apartheid activist, AIDS campaigner, and No.1 ranked tennis player in the world, Arthur Ashe died in 1993.*

#### **6. Which of these drugs is most commonly used on its own to reduce mother-to-child HIV transmission?**

- a. Aspirin
- b. Tenofovir

c. Paracetamol

d. Nevirapine

*Answer: d. A single dose of nevirapine given to the mother at the onset of labour and to the baby after delivery roughly halves the rate of HIV transmission.*

**7. Which country has the highest number of people living with HIV?**

a. South Africa

b. Nigeria

c. India

*Answer: a. In 2007, there were an estimated 5.7 million people living with HIV in South Africa, 2.6 million in Nigeria, and 2.3 million in India.*

#### Hard questions

**1. Which normally rare cancer is often associated with AIDS?**

a. Squamous Cell Carcinoma

b. Mesothelioma

c. Kaposi's Sarcoma

*Answer: c. Kaposi's Sarcoma is a rare form of cancer usually found in older people. A more aggressive form is associated with HIV, and causes dark lesions on the skin and a variety of locations on the body.*

**2. After taking a rapid HIV antibody test, how long must the patient wait for a result?**

a. 1 minute

b. 30 minutes

c. 24 hours

*Answer: b. Results from a rapid test are usually available in approximately 30 minutes. Rapid tests are single-use and do not require laboratory facilities or highly trained staff. This makes rapid tests very suitable for use in resource-limited countries.*

**3. In 2007, what percentage of people needing HIV treatment in lower- and middle-income countries received it?**

- a. 31%
- b. 51%
- c. 71%

*Answer: a. In 2007, antiretroviral therapy coverage in less wealthy areas of the world was very low. Far greater investment and political will is needed to achieve universal access.*

**4. What does PEP stand for in the context of HIV prevention?**

- a. Prevention of Excessive Production
- b. Prohibitively Exorbitant Prescription
- c. Post Exposure Prophylaxis

*Answer: c. Post Exposure Prophylaxis involves taking antiretroviral drugs after HIV exposure in order to prevent infection. PEP should be the prevention method of last resort, be started no later than 72 hours after exposure, and is not guaranteed to work.*

**5. What does the standard HIV test identify?**

- a. RNA strands
- b. T-cell count
- c. Antibodies

*Answer: c. When HIV enters the body, special proteins are produced called antibodies, which are the body's response to an infection. The standard*

*HIV test looks for antibodies in a person's blood, as this will mean they have been infected with HIV.*

**6. What is the leading cause of HIV infection in Russia?**

- a. Mother-to-child transmission
- b. Sex with an infected person
- c. Sharing of drug taking equipment

Answer: c. Of people in Russia who know their infection history, 83% of infections were caused by the sharing of drug taking equipment.

**7. In what year was the first World AIDS Day?**

- a. 1984
- b. 1988
- c. 1992

*Answer: b. At a global health summit on AIDS in London in 1988, the World Health Organisation announced that it would promote an annual World AIDS Day on 1st December.*