

ScientiFACTs about HIV & AIDS

This year marks the 25th anniversary of World AIDS Day. The theme for 2013 is "Getting to Zero". The meaning, which will also become the objective of the coming year's campaign against HIV is to achieve Zero new HIV infections, Zero discrimination and Zero AIDS-related deaths.

ScientifiKIDs brings you 25 facts about HIV/AIDS which you can use to assess your own, friends', school mates' and family's awareness, about HIV and AIDS. Take the test at one go, or join in the countdown by learning one fact per day, like the German Advents calendar, until Christmas day.

A lot of the terminology associated with HIV and AIDS come in Acronyms, how many do you know?

1. HIV in full means...

- a. Health Immunity Virus
- b. Human Immunodeficiency Virus
- c. Health Intolerant Virus
- d. Human Infirmity Virus

2. A.R.T. means...

- a. AIDS Related Treatment
- b. Anti Retroviral Therapy (the treatment that a person diagnosed with HIV infection undergoes towards preserving health and preventing a quick on-set of AIDS)
- c. Art such as drawing, painting and creative expression

3. A.B.C. stands for

- a. Letters of the alphabet
- b. Alkaline, Bacteria and Chemicals
- c. 3 simple steps for preventing the spread of HIV

4. A reliable means for knowing whether a person is HIV positive or not is...

- a. A blood test
- b. Looking at one's unhealthy appearance
- c. When one loses weight

5. STI stands for

- a. Science, Technology and Internet
- b. Sexually Transmitted Infection
- c. Severe Temporary Inflammation

6. VCT means ...

- a. Volunteers Can Travel
- b. Voluntary Counseling and Testing
- c. Voluntary Camera Team
- d. Virus Challenge Terminology

7. One reason why voluntary HIV test is important is because

- a. They want to know all the people with HIV so they can arrest them
- b. Early diagnosis and treatment can reduce HIV progression and prevent transmission
- c. They want to get money from people

8. PMTCT refers to

- a. Parents, Mothers & Teachers Counseling Team
- b. Prevention of Mother to Child Transmission
- c. Parasites of Malaria, Tetanus, Cholera and Tuberculosis

9. Akosua Maame was diagnosed HIV positive during her pregnancy but her baby is HIV negative. How is that possible?

- a. She bathed with pure-water blessed by a powerful, miraculous prophet
- b. She received anti-retroviral treatment to prevent her from passing the virus to her baby
- c. She did not eat eggs and red meat when she was pregnant

10. HIV infection can be passed through fluids like

- a. Orange Juice
- b. Breast Milk
- c. Beer

11. An example of a sexually transmitted infection (STI) is

- a. Hepatitis C, Yeast Infection (a.k.a. Whites)
- b. Coughing, Cholera, Chicken Pox
- c. Malaria, Fever, Diarrhea

12. A person who has sexually transmitted infection (STI) e.g. Whites

- a. Will be scolded by nurses at the clinic because only bad people or adults get it
- b. Must immediately report to a health worker for diagnosis and treatment
- c. Should hide it from their parents

13. ALWHIV refers to

- a. Adolescent/s Living With HIV
- b. All Learners With Health Issues Vote
- c. Adolescent Lifestyle Wreaks Havoc

14. PLWH/A stands for...

- a. People Look Wise & Healthy Association
- b. Person Living With HIV/AIDS
- c. Problematic Lice Within Healthy Animals

15. A person might become infected with the HIV virus by

- a. Sharing cooking utensils with an HIV positive person
- b. Sharing razor blades with people with unknown HIV status as they have not been tested
- c. Sitting in the same classroom with an HIV positive person

16. What happens when a person tests HIV-positive?

- a. Imprisonment, because you are carrying an infectious disease
- b. Admitted to hospital to die
- c. Referred for treatment by a doctor specialized in caring for HIV patients

17. A person who is HIV-positive ...

- a. Must plan straightaway for his funeral
- b. Must ensure that others do not come into contact with his/her contaminated blood
- c. Can be given medicines to be healthy and to prevent early death caused by the infection

18. A child who is HIV-positive

- a. Is a bad child and should be feared
- b. May have been born with it or become infected through exposure to contaminated body fluids
- c. Should not attend school

19. When you discover that a schoolmate or a member of their family is HIV positive...

- a. You must tell everyone at school about it because you are doing them a favor
- b. You should only tell others about it with the consent of the infected person
- c. You should avoid playing with ALWHA

20. HIV-positive children at school must be treated

- a. differently because they are not normal
- b. with respect, just like everybody else
- c. like ghosts because they are almost dead

21. A HIV-positive child must not do this:

- a. Sports and athletic games e.g. play Football, Ampe or High Jump
- b. Attend regular school with other children
- c. Wear a badge that shows they have HIV so that people will know about their status before talking to them
- d. Join the school choir or dancing club

22. People who are in love with each other and wish to marry should test for HIV because if one is positive they...

- a. Cannot have children
- b. Can have children when the infection is successfully treated with anti-retroviral therapy (ART)
- c. Have to break-up, because it is illegal to marry a PLWHA

23. Children must learn about HIV ...

- a. Because they need information on how to prevent themselves from becoming infected
- b. Only when they finish school
- c. So they can pass exams

24. Children who are HIV positive

- a. Are less intelligent than other kids
- b. Are expected to die so no need to go to school or learn a trade
- c. Have the same life expectancy as those with other chronic diseases such as diabetes, if tested and treated with ART.

25. Ways to prevent HIV transmission (Hint: 3 false points)

- a. Practice safe sexual behaviors such as using condoms
- b. Sweep compounds clean and de-silt all gutters
- c. Get tested and treated for sexually transmitted infections, including HIV
- d. Sleep in mosquito nets
- e. Always use new and disposable needles and syringes for injections
- f. Boil water before drinking
- g. Ensure that any blood or blood products that you might need are tested for HIV

Answers

1. HIV in full means...

- b. Human Immunodeficiency Virus

HIV infects cells of the immune system. Infection results in the progressive deterioration of the immune system, breaking down the body's ability to fend off some infections and other diseases. AIDS (Acquired immune deficiency syndrome) refers to the most advanced stages of HIV infection, defined by the occurrence of any of more than 20 opportunistic infections or related cancers.

2. ART means...

- b. Anti Retroviral Therapy

ART is the treatment given to a person diagnosed with HIV infection. ART prevents the HIV virus from multiplying in the body. If the reproduction of the HIV virus stops, then the body's immune cells are able to live longer and provide the body with protection from infections.

3. A.B.C. stands for...

- c. 3 simple steps for preventing the spread of HIV:

Abstain from sex,

Be faithful to your partner

Condoms should be used to prevent HIV transmission through sex

4. A reliable means for knowing whether a person is HIV positive or not is...

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- b. Prevention of Mother to Child Transmission

Most of HIV-positive children living in sub-Saharan Africa were infected by their HIV-positive mothers during pregnancy, childbirth or breastfeeding. This is almost entirely avoidable if the pregnant mother is given ART.

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- b. Breast Milk

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- a. Adolescent/s Living With HIV

More than 2 million people between the ages of 10 and 19 years are living with HIV. Between 2005 and 2012, HIV-related deaths among this age group increased by 50%, while the global number of HIV-related deaths fell by 30 %

14. PLWH/A stands for

- b. Person Living With HIV/AIDS

15. A person might become infected with the HIV virus by

- b. Sharing razor blades with people with unknown HIV status

16. What happens when a person tests HIV-positive?

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25. Ways to prevent HIV transmission

- a. Practice safe sexual behaviors such as using condoms;
- c. Get tested and treated for sexually transmitted infections, including HIV
- e. Always use new and disposable needles and syringes for injections
- g. Ensure that any blood or blood products that you might need are tested for HIV