

Test your knowledge!

A quiz about HIV and sexual health

Introduction to the game

Initial question:

How do I bring taboo topics like HIV and sexuality into a conversation with another person in order to engage that person in a lively discussion?

Potential answer: by encouraging that person to join in a game!

This is our challenge when we try to get into contact with target groups and talk about HIV prevention. We decided to resolve the challenge by creating a simple quiz that would enable us to get into contact in a light hearted way.

You can test your own knowledge as well as playing the quiz with a single person or with a group. We have provided a pdf version that is available in 4 languages (German/ French/ English /Tigrinya).

Instructions

- **Preparation:** Print out the quiz cards, laminate them and cut them out.
- **Possible game plan:** A member of the group chooses a quiz card at random and reads the question out loud (the reply remains concealed). The group gets into a discussion. The answers that are proposed are then compared to those on the card.
- **Variation:** The quiz can be used for self-learning purposes or can be used by an expert as a basis for working with small groups (choosing just a few questions, preparing the answers and then discussing them with the whole group etc.).
- **Categories:** Each different category has a different colour this helps when choosing specific topics. The current categories are: HIV/Aids basics, HIV transmission, Protection against HIV, HIV testing, A Question of attitude, STI basics (further categories are possible).

Caution „A Question of attitude“: There are no standard replies to these questions. They should lead to discussion and reflection of one's own attitude.

- **Further questions:** When you are playing the game and questions arise which you cannot answer please contact the specialist centre in your area or try to find the answer on the website www.aids.ch.

Acknowledgements

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HIV/AIDS BASICS

What is HIV?

Answer
HIV is a virus which damages your immune system (Human Immunodeficiency Virus)

HIV/AIDS BASICS

Can you die from an HIV infection?

Answer
No. However, to stop the HIV infection causing death, you will need to take medication every day for the rest of your life

HIV/AIDS BASICS

Is HIV curable?

Answer
No, unfortunately not yet. However, there is medication which stops the virus from multiplying

HIV/AIDS BASICS

Is there a vaccination against HIV?

Answer
No, unfortunately not yet

HIV/AIDS BASICS

What effect does HIV have on my body?

Answer

- HIV attacks the cells of our immune system and thus proliferates
- Our immune cells cannot fulfill their defence function anymore and die
- Our body becomes weak and susceptible to disease

HIV/AIDS BASICS

Are there typical symptoms for HIV?

Answer

- No. HIV weakens our immune system. This allows various diseases to develop
- If you experience symptoms like when you have flu after risky behaviour this may indicate an HIV infection

HIV/AIDS BASICS

Can you see if somebody is HIV positive?

Answer
No. Healthy looking people may carry the virus.

HIV/AIDS BASICS

What is the „HIV primary infection“?

Answer

- At the beginning of an infection (ca. 1-6 weeks) the number of viruses in the blood can rise sharply
- You can experience symptoms similar to those of flu
- At this stage those affected are highly contagious

HIV/AIDS BASICS

What is the „latent phase“ of an HIV infection?

Answer
Over the course of a number of years the increased level of the virus will weaken your immune system without you having any obvious symptoms. The disease can thus remain undetected for many years.

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HIV/AIDS BASICS

What is Aids?

- Answer**
- We only talk about „Aids“ when the immune system is so weakened by HIV that your body can no longer combat serious illness
 - Without treatment these symptoms will lead to death

HIV/AIDS BASICS

Is there a difference between HIV and Aids?

- Answer**
- Yes. HIV is the name of the virus. An infected person is „HIV positive“. We only talk about „Aids“ when the person is so weakened by HIV that serious illness results.

HIV/AIDS BASICS

What is „Post exposure prophylaxis“ (PEP)?

- Answer**
- HIV drugs can be taken up to 48 hours after a risky situation to reduce the likelihood of an infection
 - The therapy lasts for one month and can cause side effects

HIV/AIDS BASICS

What does HIV therapy achieve?

- Answer**
- It prevents an increase of the virus (unfortunately it is not a complete cure)
 - Many of those affected have a normal life expectancy
 - Many of those affected are no longer contagious

HIV/AIDS BASICS

What does a person need to bear in mind when undergoing HIV therapy?

- Answer**
- Those affected must be prepared to take medication daily for the rest of their life
 - The medication may cause side effects

HIV/AIDS BASICS

What are the challenges for persons who are HIV positive?

- Answer**
- Taking medication which may cause side effects every day for the rest of life
 - Violations of privacy and discrimination
 - Social exclusion and isolation

HIV/AIDS BASICS

Answer

HIV/AIDS BASICS

Answer

HIV/AIDS BASICS

Answer

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HIV TRANSMISSION

How is HIV passed on?

- Sexual intercourse without a condom (vaginal/anal)
- Oral sex: sperm or blood in mouth
- Swapping syringes when consuming drugs
- Mother to baby transmission

Answer

HIV TRANSMISSION

How is HIV **not** passed on?

- Living together: eating together, using the same crockery or linen
- Shaking hands
- Kissing, petting
- Mosquito bites

Answer

HIV TRANSMISSION

Which body fluids contain enough of HIV to pass on an infection?

- Blood
 - Sperm and pre-cum (pre-ejaculate fluid)
 - Moisture in the vagina
 - Breast milk
- People receiving successful treatment have almost no more HIV in their body

Answer

HIV TRANSMISSION

Can I get infected with HIV through pre-cum (pre-ejaculate fluid)?

Yes, it is possible. Always use a condom for sexual intercourse with penetration (vaginal or anal).
By the way: a woman can also get pregnant through pre-cum.

Answer

HIV TRANSMISSION

How is HIV transmitted from mother to baby?

Through an infection during pregnancy, birth or the breastfeeding period.
This only applies to a mother who has no access to HIV medication and medical care.

Answer

HIV TRANSMISSION

Can a woman who is HIV positive have a healthy baby?

Yes, the unborn baby has its own blood circulation (there is no exchange of blood via the umbilical cord).
If the mother is taking medication and receiving medical care, it is highly unlikely that the HIV will be transmitted to the baby.

Answer

HIV TRANSMISSION

HIV TRANSMISSION

HIV TRANSMISSION

Answer

Answer

Answer

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PROTECTION AGAINST HIV

What does a condom protect you against?

- Answer**
- HIV
 - Pregnancy
 - In some cases sexually transmitted infections (STI)

PROTECTION AGAINST HIV

What should I check on when I buy a condom?

- Answer**
- Suitable size
 - Sell by date
 - Quality (OK-Quality seal or CE-Number)

PROTECTION AGAINST HIV

How do I store the condoms I have bought?

- Answer**
- Do not expose them to sun or heat
 - Avoid pressure or rubbing (e.g. do not keep them in your trouser pocket)
 - Do not store the condom next to something sharp which could damage it

PROTECTION AGAINST HIV

When I use a condom what do I have to bear in mind?

- Answer**
- Suitable size
 - Good condom (sell by date, undamaged, quality seal OK/CE-Number etc.)
 - Correct use
 - Do not use oil based lubricants

PROTECTION AGAINST HIV

What is a Femidom?

- Answer**
- It is a condom designed for women which is placed in the vagina before sexual intercourse
 - It protects against HIV, against unwanted pregnancies and in some cases against sexually transmitted infections

PROTECTION AGAINST HIV

What are the 3 rules for safer sex?

- Answer**
- Always use a condom for sexual intercourse with penetration (vaginal/anal)
 - No sperm or blood in mouth
 - If after unprotected sex you have irritation, discharge or pain in the genital area or symptoms of flu, consult a doctor

PROTECTION AGAINST HIV

How can somebody who is an intravenous drug user protect him or herself?

- Answer**
- Always use the own sterile equipment (needle, syringe, spoon, filter, water etc.)
 - Clean material is available at specialised counselling services

PROTECTION AGAINST HIV

PROTECTION AGAINST HIV

Answer

Answer

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HIV TESTING

How can I find out if I am infected with HIV?

Answer
An (anonymous) HIV test will let you know

HIV TESTING

Where can I get an HIV test?

- Answer**
- Specialised test centre
 - Hospital
 - Doctor

HIV TESTING

What does an "anonymous" HIV test mean?

- Answer**
- You don't have to give your name, so your identity remains secret
 - You may be asked for personal information for statistical purposes

HIV TESTING

Can I be forced to have an HIV test?

Answer
No.
An HIV test can only be done if you agree to it.
You must be clearly asked.

HIV TESTING

Why is it important to know if I am HIV positive or not?

- Answer**
- Even though I am HIV positive I can have treatment and remain healthy
 - So that I don't unknowingly infect others

HIV TESTING

When does it make sense to get an HIV test?

- Answer**
- Three months after risky behaviour
 - To clarify the situation with a new partner before agreeing not to use a condom
 - If you are pregnant

HIV TESTING

Answer

HIV TESTING

Answer

HIV TESTING

Answer

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A QUESTION OF ATTITUDE

How would you react if somebody told you that they were HIV positive?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

How would you approach the subject of HIV (e.g. condom, test) in a relationship?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

Why could it be difficult for someone to use a condom?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

Why could an HIV test cause anxiety?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

How would you proceed in a relationship if you have been unfaithful?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

How would you deal with rumours about a person who may have HIV?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

Would you take in an HIV positive friend?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

How would you react if your girlfriend or boyfriend were HIV positive?

Answer
Diverse answers possible

A QUESTION OF ATTITUDE

What would it mean for you being HIV positive?

Answer
Diverse answers possible

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STI BASICS

Which sexually transmitted infections (STI) do you know?

- Answer**
- Chlamydia
 - Fungal infections
 - Gonorrhoea (the clap)
 - Hepatitis Virus (A, B, C etc.)
 - Herpes
 - HIV
 - Human Papilloma Virus (HPV)
 - Syphilis

STI BASICS

How are sexually transmitted infections (STI) spread?

- Answer**
- In various ways depending on the cause of the infection: Transmission occurs through unprotected sexual intercourse, through contact with infected skin or body fluids

STI BASICS

How can I protect myself against sexually transmitted infections (STI)?

- Answer**
- Partly by using a condom
 - Partly by vaccination
 - If you have symptoms consult a doctor for a test and treatment

STI BASICS

Which sexually transmitted infections (STI) can be treated by antibiotics?

- Answer**
- All those which are caused by bacteria:
- Chlamydia
 - Gonorrhoea (the clap)
 - Syphilis

STI BASICS

For which sexually transmitted infections (STI) is there a vaccination?

- Answer**
- Hepatitis A and B
 - Human Papilloma Virus (HPV), in some cases

STI BASICS

What are the possible symptoms of a sexually transmitted infection (STI)?

- Answer**
- Noticeable discharge from urethra, penis, vagina or anus
 - Itchiness in the genital area
 - Burning sensation when passing urine
 - Flu symptoms after unprotected sexual intercourse

STI BASICS

When should I get tested for sexually transmitted infections (STI)?

- Answer**
- As quickly as possible if you have symptoms
 - If you change your sexual partner frequently

STI BASICS

STI BASICS

Answer

Answer

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