

HIV/Aids True/False Cards

Answers:

- You can become infected with HIV if you inject drugs
- Only if you share a needle or syringe that has HIV infected blood in it. It will not be possible to know whether this is the case, so it is best to always use clean equipment.

If you are fit and healthy you cannot be infected with HIV

- FALSE

It does not matter how healthy or unhealthy you are, if you do something to put yourself at risk you may become infected.

If you stick with one partner, or are married, you can still be infected with HIV

- TRUE

This depends on what you and your partner have done before you met, or are doing outside the relationship. If one or both partners have had unprotected sex with someone else or shared injecting equipment there may be a risk

Lesbians can be infected with HIV

- TRUE

Yes, if they have unprotected sexual intercourse with a man or a woman they may be at risk. It is possible for two women to share infected vaginal fluid, although this is a lower risk than either a man and woman or two men.

If you share toothbrushes with someone you can get HIV

- FALSE

There is no evidence that this is possible but for general health reasons it is probably not a good idea to share toothbrushes

You can be infected with HIV even if you only have sex with people you know

- TRUE

Knowing someone is not enough to tell you whether that person has HIV or not. It is possible for people to have HIV for many years without knowing it themselves. It is always important to have protected sex and not share injecting equipment

Using condoms reduces the risk of HIV infection

- TRUE

Using a condom reduces the risk of HIV infection. If condoms are used correctly they reduce the risk enormously

You can get HIV from having a blood transfusion or from blood products in the UK

- FALSE

Not in the UK because all blood and blood products are screened before they are used. In some countries this is not done

You can get HIV from kissing

- False (Virtually a no-risk activity)

Although sophisticated laboratory techniques are able to isolate the virus from other body fluids such as saliva, the level of virus in these fluids is far too low to be infectious.

- There was some speculation re: deep kissing however this has never been substantiated.
- There is no risk from saliva however if blood is present due to cuts/sores etc, it is recommended that the mouth does not come into contact with a partners semen, vaginal fluid or blood.

You can get HIV from sharing razors

- False

There is no risk of HIV transmission unless the skin is cut then blood, semen or vaginal fluid get into the wound.

! One way to minimise risk is not to share and use disposable razors

You can get HIV from going to a swimming pool

- False
- Chlorine kills HIV

! N.B HIV present in:

- 1) Blood
- 2) Semen
- 3) Vaginal Fluids
- 4) Breast Milk

You can get HIV off a toilet seat

- False

! N.B HIV present in:

- 1) Blood
- 2) Semen
- 3) Vaginal Fluids
- 4) Breast Milk

You can get HIV from sharing cups, glasses and cutlery

- False
- There is no risk from saliva

! N.B HIV present in:

- 1) Blood
- 2) Semen
- 3) Vaginal Fluids
- 4) Breast Milk

You can get HIV from helping someone who has cut themselves

- Unbroken skin is a barrier to HIV
- For HIV to transmit there needs to be route for the virus to enter the blood stream; if there is no route there is no risk.
- However when ever there is a blood spillage you should consider HIV risk.

You can get HIV from someone if they sneeze over you

- False

! N.B HIV present in:

- 1) Blood
- 2) Semen
- 3) Vaginal Fluids
- 4) Breast Milk

You can get HIV from oral sex

- Low but possible risk

The risk of HIV transmission through the mouth is much smaller than through vaginal or anal intercourse

Very few cases of transmission through oral sex have been reported

- ! Tips on minimising any possible risk
 - Avoiding oral sex when obvious cuts/sores/inflammation in or around the mouth
 - Avoiding ejaculation in the mouth
 - Using condoms (displaying British Kitemark)

If a pregnant woman has HIV she can pass it onto her baby

- HIV can be passed vertically, from mother-to-baby during the course of pregnancy, birth or breast-feeding
- The average risk of transmission during pregnancy is in the region of 10 - 15 % if the mother is HIV positive
- Breast-feeding does carry a risk of transmission and should be avoided in countries where good alternatives to the mother's milk are available

If someone gets HIV they will not live a long time

- Because of the changes in treatment that have occurred since 1996, it no longer makes sense to predict the potential life expectancy of someone living with HIV
- Even though over 40,000 people in this country are now diagnosed with the virus, annual death rates from Aids related illness in Britain have fallen from a peak of over 1,500 in the mid 1990s to 165 deaths reported in 2002

You can tell someone has HIV by looking at them

- False
- There are no specific outward symptoms that signify someone has HIV

There is a cure for AIDS

- False
- Although there are a range of (anti-HIV) drugs that attack HIV itself, interfering with the way the virus tries to reproduce itself inside a human cell. They cannot kill the virus completely
- Like all medicines, anti-HIV drugs can cause side effects
- Resistance can develop whilst anti-HIV drugs are being taken

HIV can be passed on through vaginal sexual intercourse

- True
- HIV is present in vaginal fluids and semen of people infected with HIV, and can be passed on to another person if those fluids get into his/her body

! Prevention:

HIV is unable to pass through condoms (with CE/Kitemark displayed)

! Strategies for women whose partners will not use condoms:

Ask partner to use a condom and water based lubricant which does not contain nonoxynol-9

Use a female condom and water based lubricant

HIV can be passed on through sharing sex toys

- True
 - As a rule, it is best not to share sex toys because of the risk of infection
- ! If sex toys are shared with a partner, or used in both the anus and vagina, they should be thoroughly cleaned between using them, or a condom should be used each time.

HIV can be passed on through drug use

- True & False
 - HIV can be transmitted via UNSAFE injecting practices
 - It is passed on through sharing injecting equipment (including water, spoons, filters, needles & syringes)
- ! If there are traces of blood in the substance entering the body, there is also a risk of transmitting infections such as hepatitis B & C as well as HIV from one person to another

If you are gay you are more at risk of getting HIV

- True & False
- Cumulatively the majority of infections reported have occurred through sex between men.
- This group remains at greatest risk of acquiring HIV infection within the UK. There has been no evidence in recent years of a decline in the numbers of new infections in this group and over 1600 new diagnoses of HIV are currently occurring each year.

The more sexual partners you have the more likely you are to get HIV

- True & False
- Somebody who has multiple sexual partners and practices safer sex is less at risk than someone who has fewer sexual partners and partakes in unsafe sex