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](http://www.aids.ch).

Acknowledgements

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Financial support: [www.migesplus.ch](http://www.migesplus.ch) – Health information in different languages
Internet: [www.migesplus.ch](http://www.migesplus.ch)
**What is HIV?**

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

**Can you die from an HIV infection?**

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

**Is HIV curable?**

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

**Is there a vaccination against HIV?**

No, unfortunately not yet.

**What effect does HIV have on my body?**

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

**Are there typical symptoms for HIV?**

- If you experience symptoms similar to those of flu like when you have an infection of HIV, this may indicate an HIV infection.
- If you experience symptoms of various diseases to develop, this allows immune system to weaken over time.
- HIV weakens our immune system. The disease can thus remain undetected for many years.

**Can you see if somebody is HIV positive?**

Healthy looking people may carry the virus. At this stage those affected are highly contagious. At the beginning of an infection (ca. 2-6 weeks) the number of viruses in the blood can rise sharply similar to those of flu. You can experience symptoms.

**What is the „HIV primary infection“?**

At the beginning of an infection, those affected are highly contagious. At this stage those affected are similar to those of flu. You can experience symptoms.

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

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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<thead>
<tr>
<th>HIV/AIDS BASICS</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>What is Aids?</strong></td>
<td><strong>Is there a difference between HIV and Aids?</strong></td>
<td><strong>What is „Post exposure prophylaxis“ (PEP)?</strong></td>
</tr>
<tr>
<td>- We only talk about “Aids” when the immune system is so weakened by HIV that your body can no longer combat serious illness.</td>
<td>- HIV that serious illness results. The person is so weakened by HIV that we only talk about “Aids” when the immune system is so weakened by HIV. When the infected person is “HIV positive”, we only talk about “Aids”.</td>
<td>- Yes. The therapy lasts for one month and can cause side effects. HIV drugs can be taken up to 48 hours after a risky situation to reduce the likelihood of an infection.</td>
</tr>
</tbody>
</table>

**HIV/AIDS BASICS**

<table>
<thead>
<tr>
<th><strong>What is “Post exposure prophylaxis” (PEP)?</strong></th>
<th><strong>What does HIV therapy achieve?</strong></th>
<th><strong>What does a person need to bear in mind when undergoing HIV therapy?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- HIV drugs can be taken up to 48 hours after a risky situation to reduce the likelihood of an infection.</td>
<td>- It prevents an increase of the virus (unfortunately it is not a complete cure).</td>
<td>- Those affected must be prepared to take medication that may cause side effects daily for the rest of their life.</td>
</tr>
<tr>
<td>- The therapy lasts for one month and can cause side effects.</td>
<td>- Many of those affected have a normal life expectancy.</td>
<td>- Taking medication may cause side effects.</td>
</tr>
<tr>
<td>- HIV drugs can be taken up to 48 hours after a risky situation to reduce the likelihood of an infection.</td>
<td>- Many of those affected are no longer contagious.</td>
<td>- Violations of privacy and discrimination.</td>
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**HIV/AIDS BASICS**

<table>
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<tr>
<th><strong>What are the challenges for persons who are HIV positive?</strong></th>
<th><strong>Answer</strong></th>
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<tr>
<td>- Taking medication which may cause side effects every day.</td>
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<td>- Social exclusion and isolation.</td>
<td>- Taking medication which may cause side effects every day.</td>
</tr>
<tr>
<td>- Violations of privacy and discrimination.</td>
<td>- Taking medication which may cause side effects every day.</td>
</tr>
<tr>
<td>- For the rest of life.</td>
<td>- Taking medication which may cause side effects every day.</td>
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</table>
## HIV Transmission

### How is HIV passed on?
- Sexual intercourse without a condom (vaginal/anal)
- Oral sex: sperm or blood in the mouth
- Swapping syringes when consuming drugs
- Mother to baby transmission

### How is HIV not passed on?
- Living together: eating and using the same crockery or linen
- Shaking hands
- Kissing, petting
- Mosquito bites
- Moisture in the vagina
- Living together: eating

### Which body fluids contain enough of HIV to pass on an infection?
- Blood
- Sperm and pre-cum
- Breast milk
- Moisture in the vagina (pre-ejaculate fluid)

### 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. By the way: a woman can also get pregnant through pre-cum.

### 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. If the mother is taking medication and receiving medical care, it is highly unlikely that the HIV will be transmitted to the baby.

### 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), and there is no exchange of blood via the placenta. This only applies to a mother who has no access to HIV medication and medical care. If the mother is taking medication and receiving medical care, it is highly unlikely that the HIV will be transmitted to the baby. People receiving successful treatment have almost no more HIV in their body than a healthy person.
PROTECTION AGAINST HIV

What does a condom protect you against?
- HIV
- Pregnancy
- In some cases sexually transmitted infections (STI)

What should I check on when I buy a condom?
- Suitable size
- Sell by date
- Quality (OK/Quality seal or CE-number)
- Avoid pressure or rubbing
- Do not keep them in your trouser pocket

How do I store the condoms I have bought?
- Do not expose them to sun or heat
- Do not store the condom next to something sharp

When I use a condom what do I have to bear in mind?
- Suitable size
- Correct use
- Do not use oil based lubricants
- If protected against HIV, against unwanted pregnancies and in some cases sexually transmitted infections (STI)
- If intercourse vaginal before sexual intercourse is a condom designed for women which is placed in the vagina before sexual intercourse
- It is a condom designed for sexual intercourse with penetration

What is a Femidom?
- 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

What are the 3 rules for safer sex?
- Always use a condom for sexual intercourse with penetration
- If after unprotected sex you have irritation, discharge or symptoms of flu, consult a doctor
- Do not use oil based lubricants
- If after unprotected sex you have irritation, discharge or symptoms of flu, consult a doctor
- No sperm or blood in mouth
- No sperm or blood in mouth

How can somebody who is an intravenous drug user protect him or herself?
- Always use the own sterile equipment (needles, syringes, clean material is available at specialised counselling services)
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<tr>
<th>Question</th>
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<tbody>
<tr>
<td>How can I find out if I am infected with HIV?</td>
<td>An (anonymous) HIV test will let you know.</td>
</tr>
</tbody>
</table>
| Where can I get an HIV test? | - Specialised test centre  
- Hospital  
- Doctor  
- If you are pregnant, do not use a condom new partner before agreeing to carry the situation with a behaviour that I don't unknowingly infect others. |
| What does an "anonymous" HIV test mean? | - You don't have to give your name, so your identity remains secret  
- You may be asked for personal information for statistical purposes |
| Can I be forced to have an HIV test? | No. An HIV test can only be done if you must be clearly asked, you agree to it. |
| Why is it important to know if I am HIV positive or not? | - Even though I am HIV positive I can have treatment and remain healthy  
- So that I don't unknowingly infect others  
- I can have treatment even though I am HIV positive  
- I can have treatment even though I am HIV positive |
| When does it make sense to get an HIV test? | - Three months after risky behaviour  
- To clarify the situation with a new partner before agreeing not to use a condom  
- If you are pregnant, do not use a condom new partner before agreeing to carry the situation with a behaviour that I don't unknowingly infect others. |
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</tr>
</thead>
<tbody>
<tr>
<td>How would you react if somebody told you that they were HIV positive?</td>
<td>How would you approach the subject of HIV (e.g. condom, test) in a relationship?</td>
<td>Why could it be difficult for someone to use a condom?</td>
</tr>
<tr>
<td>Diverse answers possible</td>
<td>Diverse answers possible</td>
<td>Diverse answers possible</td>
</tr>
<tr>
<td>Answer</td>
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</tr>
<tr>
<td>Why could an HIV test cause anxiety?</td>
<td>How would you proceed in a relationship if you have been unfaithful?</td>
<td>How would you deal with rumours about a person who may have HIV?</td>
</tr>
<tr>
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<tr>
<td>Would you take in an HIV positive friend?</td>
<td>How would you react if your girlfriend or boyfriend were HIV positive?</td>
<td>What would it mean for you being HIV positive?</td>
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### STI BASICS

**Which sexually transmitted infections (STI) do you know?**

- Syphilis
- Human Papilloma Virus (HPV)
- HIV
- Herpes
- Hepatitis Virus (A, B, C etc.)
- Fungal Infections
- Chlamydia

**Answer**

**How are sexually transmitted infections (STI) spread?**

Transmission occurs through unprotected sexual intercourse, and skin or body fluids. The cause of the infection in various ways depending on:

- Treatment: consult a doctor for a test and treatment if you have symptoms.

**Answer**

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

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

**Answer**

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

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

**Answer**

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

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

**Answer**

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

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

**Answer**

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

- All those which are caused by bacteria:
  - As quickly as possible if you have symptoms
  - If you change your sexual partner regularly

**Answer**
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