

Test your knowledge!

A quiz about HIV and sexual health

How to play the game

Initial question:

How can I bring up taboo topics like HIV and sexuality in order to engage my counterpart in a profound discussion?

Potential answer: by invoking that person's play instinct!

Engaging our target groups for HIV prevention was our main challenge. Therefore, we decided to create a simple quiz which would enable us to get into contact with them in a playful way.

In order to play the game and test your own knowledge, of individuals or a group, a PDF version is provided by us and available in four languages (German/ French/ English /Tigrinya).

Instructions

- **Preparation:** Print out the quiz cards, laminate and cut them out.
- **Possible game plan:** A member of the group randomly chooses a quiz card and reads the question out loud (concealing the answer). The group starts a discussion. Subsequently the proposed answers are then compared to those on the card.
- **Variations:** The quiz can be used for self-learning purposes or as a basis concept for an expert 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 to help choosing specific topics. The current categories are: HIV/AIDS basics, transmission of HIV, 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 that damages the human immune system (human immunodeficiency virus).

HIV/AIDS BASICS

Can you die from an HIV infection?

Answer
No. To prevent HIV infection from leading to death, however, HIV-positive people must take medication for the rest of their lives.

HIV/AIDS BASICS

Is HIV curable?

Answer
No, not yet. But there are drugs that can be used to inhibit virus multiplication.

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.
- Influenza-like symptoms after a risk situation can however indicate an HIV infection.

HIV/AIDS BASICS

Can you see if somebody is HIV positive?

Answer
No. Healthy looking people can also carry the virus in their bodies.

HIV/AIDS BASICS

What is the "HIV primary infection"?

Answer

- At the beginning of an infection (approx. 1-6 weeks), the number of viruses in the blood can rise immensely.
- Flu-like symptoms may occur.
- Affected persons are very contagious during this phase.

HIV/AIDS BASICS

What is the "latency phase" of an HIV infection?

Answer
During many years, the immune system is slowly weakened by the proliferation of the virus, without showing clear symptoms. The infection can therefore remain undiscovered for years.

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HIV/AIDS BASICS

What is AIDS?

- Answer**
- The term "AIDS" is used only when the immune system is weakened by the HI virus to such an extent that it can no longer fight serious diseases.
 - Without medication, these consequential diseases can lead to death.

HIV/AIDS BASICS

Is there a difference between HIV and AIDS?

- Answer**
- Yes. HIV is the name for the virus. An infected person is therefore "HIV positive". "AIDS" is only spoken of when a person is very weakened by the HIV virus and as a result secondary disease have developed.

HIV/AIDS BASICS

What is post-exposure prophylaxis (PEP)?

- Answer**
- HIV drugs can be taken up to 48 hours after a risk situation to prevent an infection.
 - This therapy lasts one month and can have side effects.

HIV/AIDS BASICS

What does HIV therapy achieve?

- Answer**
- The reproduction of the virus is suppressed (unfortunately without complete cure).
 - Many person concerned have a normal life expectancy.
 - Those in effective therapy are no longer contagious.

HIV/AIDS BASICS

What should I bear in mind when taking HIV therapy?

- Answer**
- Person concerned must be willing to take the medication.
 - The medication must be taken lifelong.
 - The medication can have side effects.

HIV/AIDS BASICS

What are the challenges for HIV-positive people?

- Answer**
- Lifelong use of medication with possible side effects.
 - Data protection violations 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?

- Answer**
- Sexual intercourse without condom (anal/vaginal)
 - Syringe exchange for drug use
 - Mother-to-child transmission

HIV TRANSMISSION

How is HIV **not** passed on?

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

HIV TRANSMISSION

In which body fluids are there enough viruses for HIV infection?

- Answer**
- Blood
 - Sperm and precum
 - Vaginal fluid
 - Breast milk
- However, people under successful therapy are no longer contagious.

HIV TRANSMISSION

Can I also be infected with HIV through precum?

Answer

Yes, that's possible. Therefore, always use a condom for anal and vaginal penetration. By the way: a woman can also become pregnant with precum.

HIV TRANSMISSION

Can an HIV-positive woman have healthy children?

Answer

Yes, because the unborn child has its own blood circulation (there is no blood exchange via the umbilical cord). If the mother takes medication and receives medical care, an HIV transmission to the child is very unlikely.

HIV TRANSMISSION

How is HIV transmitted from mother to child?

Answer

Via infection during pregnancy, childbirth or breastfeeding. However, only if the mother does not have access to HIV medication and medical care. Mother-to-child transmissions are extremely rare these days.

HIV TRANSMISSION

Answer

HIV TRANSMISSION

Answer

HIV TRANSMISSION

Answer

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PROTECTION AGAINST HIV

What can a condom protect me from?

- Answer**
- HIV
 - Pregnancy
 - Partly against sexually transmitted infections (STI)

PROTECTION AGAINST HIV

What should I pay attention to when buying condoms?

- Answer**
- Suitable size
 - Expiry date
 - Quality (OK seal or CE number)

PROTECTION AGAINST HIV

What should I look out for when storing condoms?

- Answer**
- No sun or heat.
 - No pressure and no friction (e.g. trouser pocket).
 - Storage without sharp objects that could damage the condom.

PROTECTION AGAINST HIV

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

- Answer**
- Suitable size
 - Good quality condom (expiration date, no damage, OK/CE number seal of approval, etc.)
 - Correct use
 - Do not use lubricants containing oil

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 two safer sex rules?

- Answer**
- Vaginal and anal sex with condom.
 - And because everyone loves differently: do your personal safer sex check on lovelifeline.ch now.

PROTECTION AGAINST HIV

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

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

PROTECTION AGAINST HIV

Answer

PROTECTION AGAINST HIV

Answer

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HIV TESTING

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

Answer
An (anonymous) HIV test will provide clarification.

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 personal information for statistical purposes.

HIV TESTING

Can I be forced to take an HIV test?

Answer
No.
An HIV test may only be taken if the person agrees. They must be actively asked.

HIV TESTING

Why is it important that I know my HIV status?

- Answer**
- In order to take medication in case of an HIV infection and to stay healthy.
 - In order not to unwittingly infect others with HIV.

HIV TESTING

When does it make sense to have me tested for HIV?

- Answer**
- Six weeks after a risk situation.
 - To clarify one's status in a new relationship before dispensing with condoms.
 - In case of a pregnancy.

HIV TESTING

Answer

HIV TESTING

Answer

HIV TESTING

Answer

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A QUESTION OF ATTITUDE

How would you handle it if someone told you he or she was HIV positive?

Answer
Different possible answers.

A QUESTION OF ATTITUDE

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

Answer
Different possible answers.

A QUESTION OF ATTITUDE

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

Answer
Different possible answers.

A QUESTION OF ATTITUDE

Why could an HIV test cause anxiety?

Answer
Different possible answers.

A QUESTION OF ATTITUDE

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

Answer
Different possible answers.

A QUESTION OF ATTITUDE

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

Answer
Different possible answers.

A QUESTION OF ATTITUDE

Would you take in an HIV positive friend?

Answer
Different possible answers.

A QUESTION OF ATTITUDE

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

Answer
Different possible answers.

A QUESTION OF ATTITUDE

What would it mean for you being HIV positive?

Answer
Different possible answers.

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STI BASICS

Which sexually transmitted infections (STI) do you know?

- Answer**
- Chlamydia
 - Gonorrhoea
 - Hepatitis viruses (A, B, C etc.)
 - Herpes
 - HIV
 - Human Papilloma Viruses
 - Fungal infections
 - Syphilis

STI BASICS

How do sexually transmitted infections (STI) spread?

- Answer**
- Very different depending on the pathogen: Through unprotected sexual intercourse, through contact with infected skin or body fluid.

STI BASICS

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

- Answer**
- Partly using condoms.
 - Partly by vaccination.
 - In the case of symptoms see a doctor for clarification and treatment.

STI BASICS

Which sexually transmitted infections (STI) can be cured with antibiotics?

- Answer**
- Anything caused by bacteria:
- Chlamydia
 - Syphilis
 - Gonorrhoea

STI BASICS

Which sexually transmitted infections (STI) can be vaccinated?

- Answer**
- Hepatitis A and B
 - Human Papilloma Virus (HPV), partly

STI BASICS

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

- Answer**
- Outflow from urethra, penis, vagina or anus.
 - Itching in the genital area.
 - Burn when urinating.
 - Flu symptoms after unprotected sex.
 - Caution: In many cases there are no symptoms.

STI BASICS

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

- Answer**
- In case of any symptoms, as soon as possible.
 - In case of frequently changing sexual partners.
 - To determine one's health status in a new relationship.

STI BASICS

Answer

STI BASICS

Answer

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