

#TheTeaOnHIV

No silence, no stigma, just facts

HIV knowledge quiz – you may be surprised at what you learn!

	Question	Options	Answer	Notes
1	What is HIV?	<ul style="list-style-type: none"> A virus A gene Bacteria None of the above. 	A virus.	Now, let's get down to the science of it: HIV – human immunodeficiency virus – targets cells in your immune system and weakens your body's ability to fight against infections and diseases.
2	HIV can be spread through contact with:	<ul style="list-style-type: none"> Saliva Sweat Urine None of the above. 	None of the above.	<p>Many people think that HIV can spread by kissing, but this isn't true!</p> <p>The truth is, YOU CAN'T become infected by kissing, hugging, shaking hands or sharing personal objects, food or water with others. You may be thinking, "How do you get infected?" Well, HIV can ONLY be transmitted through the transfer of pre-cum, semen, vaginal fluids, rectal fluids, blood and breastmilk.</p>
3	Which of the following	Taking a hot shower after sex.	Using a condom correctly.	Condoms are one of the best ways to prevent yourself from contracting HIV. They also help prevent

	prevents HIV and other sexually transmitted infections (STIs)	Using a condom correctly. Taking a contraceptive pill after sex. Relying on the pull-out method during sex.		nasty infections (sexually transmitted), like gonorrhoea and chlamydia, and avoid unplanned pregnancy! So, remember: <ul style="list-style-type: none"> • Always use a condom. • Never use the same condom more than once. • Never use more than one condom at a time as this can cause them to break.
4	Can a person get infected with HIV from a mosquito bite?	Yes, many mosquitoes carry HIV. No, even though mosquitoes carry HIV, they are too small to pass it on. No, mosquitoes do not inject the blood of the last person they bit when they bite you.	No, mosquitoes do not inject the blood of the last person they bit when they bite you.	This may be a surprise, but mosquito bites DO NOT transmit HIV!
5	How would you know if you have HIV?	Going online and researching symptoms. Asking your close friends or former sexual partners if they have HIV. If you have been feeling weak for a long time. By taking an HIV test.	By taking an HIV test.	Testing for HIV is the only way to be sure if you have the virus. It is quick and simple, and taking a test puts you in control of your health! If you test negative, then there's nothing you need to do other than continue to stay safe. If you test positive, then you can seek the right treatment to carry on living a healthy life. Read more about this on our page.
6	What is self-testing?	An HIV test that you can do yourself at home.	An HIV test that you can do	Self-testing means that even if you feel uncomfortable, you can take the test yourself to find out your result. Why is testing so

		An HIV test that you pay for yourself.	yourself at home.	important? If you are HIV-positive, sometimes symptoms are not clear and your health can worsen without you realizing why. But if you know your status, you can take control. You can buy an HIV self-testing kit from health care facilities, pharmacies and, in some countries, online.
		Going for a test alone, without a family member.		
		When you extract your blood sample yourself and take it to a hospital to be tested.		
7	The risk of HIV transmission can be reduced by:	Having sex with only one partner.	All of the above.	You can reduce your risk of sexually contracting HIV through each of these three ways. Safe sex is important for many reasons, and preventing yourself from contracting HIV is one of them.
		Having sex with someone who has no other sexual partners.		
		Using a condom every time you have sex.		
		All of the above.		
8	What is post-exposure prophylaxis (PEP)?	A drug you can take within 72 hours of exposure to HIV to prevent infection.	A drug you can take within 72 hours of exposure to HIV to prevent infection.	Although PEP exists, it is not always available and can't be used as a day-to-day form of protection. But it's good to know that that option is out there. Check out our page to find our more (see below).
		A drug you can take within 24 hours of exposure to HIV to prevent infection.		
		A daily drug you can take to prevent contracting HIV.		

9	True or false: HIV can't be passed from a mother to a baby during pregnancy or childbirth.	True	False, but access to treatment can prevent the virus from being transmitted during pregnancy, childbirth and breastfeeding.	Access to antiretroviral medicine means that parents living with HIV can have HIV-negative children! Learn more about what these are below this quiz on our page!
		False		
10	True or false: A healthy-looking person can have HIV.	True	True	There isn't a cure for HIV YET, but antiretroviral treatment (ARV) enables people with HIV to live a long and healthy life!
		False		

Thank you for downloading our quiz!

It's perfectly normal to be a little nervous or to worry about HIV and getting tested, but always remember that treatment and support are available. Plus, knowing the facts about HIV will ease your nerves and give you power to challenge others who say negative things about HIV. So, explore our page and then spread the word with your friends! [#TheTeaOnHIV](https://www.afro.who.int/TheTeaOnHIV) (**learn more on our page www.afro.who.int/TheTeaOnHIV**, **follow our hashtag on social media [#TheTeaOnHIV](https://www.afro.who.int/TheTeaOnHIV)**, and **share this quiz with our friends!**)

