

16: HIV/AIDS - Part 1

Words of Wisdom

HIV/AIDS True/False - Part 1

HIV/AIDS True/False - Part 1 Answers

Challenges to Preventing HIV Among Native
Americans

The Z Virus

**Man has
responsibility, not
power.**

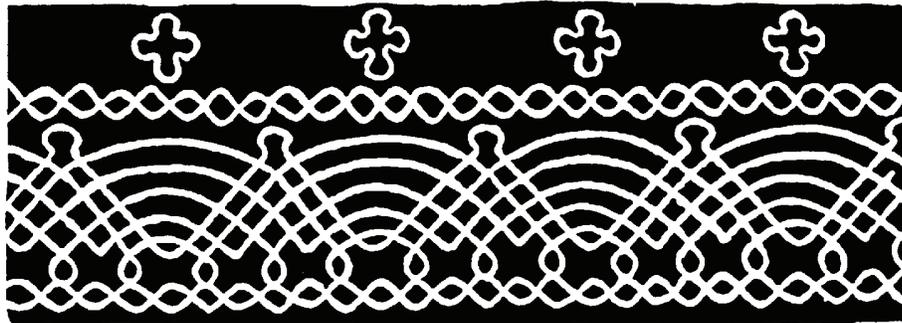
Tuscarora

HIV/AIDS True or False—Part I

TEAM: _____

- | | | |
|---|------|-------|
| 1. Most people who have HIV look sick. | TRUE | FALSE |
| 2. No case of HIV/AIDS has ever been caused by social (dry) kissing. | TRUE | FALSE |
| 3. You can't get HIV during oral sex. | TRUE | FALSE |
| 4. A person can get HIV from one sexual contact. | TRUE | FALSE |
| 5. Keeping in good physical shape is the best way to keep from getting HIV. | TRUE | FALSE |
| 6. Condoms make sex completely safe. | TRUE | FALSE |
| 7. A shower after sex reduces the risk of getting HIV. | TRUE | FALSE |
| 8. By having just one sex partner at a time you can protect yourself from getting HIV. | TRUE | FALSE |
| 9. HIV doesn't typically go through unbroken skin. | TRUE | FALSE |
| 10. Cum (semen) and blood can carry HIV. | TRUE | FALSE |
| 11. A person must have a lot of different sex partners to be at risk for HIV. | TRUE | FALSE |
| 12. If the man pulls out (withdraws) before orgasm, he cannot spread or get HIV. | TRUE | FALSE |
| 13. A negative result on an HIV test can happen even when somebody has HIV. | TRUE | FALSE |
| 14. It's more important for people to protect themselves against HIV in big cities than in small towns. | TRUE | FALSE |
| 15. Only receptive anal sex transmits HIV/AIDS. | TRUE | FALSE |
| 16. Many people in the U.S. who have HIV don't even know they have it. | TRUE | FALSE |
| 17. Anal sex (in the butt) is risky. | TRUE | FALSE |
| 18. Mutual masturbation and body rubbing are low risk for HIV. | TRUE | FALSE |
| 19. There are no HIV-infected people on Indian reservations. | TRUE | FALSE |
| 20. When they are first infected with HIV, some people get flu-like symptoms that soon go away. | TRUE | FALSE |

- | | | |
|---|------|-------|
| 21. If you have unprotected intercourse with a person who is HIV positive, you will always become infected. | TRUE | FALSE |
| 22. If a mosquito bites a person with AIDS then bites you, you can become infected. | TRUE | FALSE |
| 23. You can get AIDS in a swimming pool or on a toilet seat. | TRUE | FALSE |
| 24. Teenagers can't get AIDS. | TRUE | FALSE |
| 25. If you have HIV and have a baby, your baby will definitely be born with HIV. | TRUE | FALSE |



HIV/AIDS True or False—Part I

Answers & Explanations

1. Most people who have HIV look sick. TRUE **FALSE**

People can live for years with HIV and not necessarily feel or look sick.¹
2. No case of AIDS was ever caused by social (dry) kissing. **TRUE** FALSE

No one has become infected from such ordinary social contact as dry kisses, hugs, and handshakes. Open-mouth kissing is considered a very low-risk activity for the transmission of HIV.²
3. You can't get HIV during oral sex. TRUE **FALSE**

It is possible for either partner (the one giving or receiving oral sex) to become infected with HIV through performing or receiving oral sex.³
4. A person can get HIV from one sexual contact. **TRUE** FALSE

The chance of catching HIV from a single sexual encounter with an infected partner is low.⁴ A single sexual contact with an infected partner does not always lead to infection, because HIV infection occurs only if biological characteristics are suitable (such as immunity, level of viral load of infected partner, presence of open sores or broken skin on either partner, presence of STDs in either partner). Repeated exposures increase the odds for creating suitable conditions for infection.⁵ However, each type of sexual contact has its own level of risk.⁶
5. Keeping in good physical shape is the best way to keep from getting HIV. TRUE **FALSE**

Anyone who doesn't protect themselves against exposure to HIV is at risk for becoming infected with HIV, regardless of their physical fitness level. Someone with a compromised immune system (e.g., from alcohol abuse or other conditions) may be at increased risk for HIV infection.⁷
6. Condoms make sex completely safe. TRUE **FALSE**

Latex condoms, when used consistently and correctly, are highly effective in preventing heterosexual sexual transmission of HIV. However, condom use cannot provide absolute protection against HIV. The surest way to avoid transmission of HIV is to abstain from sexual intercourse or to be in a long-term mutually monogamous relationship with a partner who has been tested and you know is uninfected.⁸

¹ <http://www.thebody.com/Forums/AIDS/SafeSex/Archive/Symptoms/Q42552.html>

² <http://www.cdc.gov/hiv/resources/qa/qa17.htm>

³ <http://www.cdc.gov/hiv/resources/qa/qa19.htm>

⁴ <http://www.poline.org/docs/172045>

⁵ <http://www.thebody.com/content/art14042.html>

⁶ http://www.aidsmeds.com/articles/Transmission_9964.shtml

⁷ <http://pubs.niaaa.nih.gov/publications/arh21-1/30.pdf>

⁸ <http://www.cdc.gov/hiv/resources/qa/condom.htm>

7. A shower after sex reduces the risk of getting HIV. TRUE **FALSE**

Showers after sex, using bleach on the penis, having sex only once, having sex with a virgin are all myths. None of these will prevent or cure HIV.⁹

8. By having just one sex partner at a time you can protect yourself from getting HIV. TRUE **FALSE**

Limiting the number of partners you have decreases—but doesn't eliminate—your HIV risk. Unless sexually active individuals use condoms correctly and consistently every time they have sex, even reducing the number of their sexual partners all the way to one cannot protect them from the risk of infection.^{10, 11}

9. HIV doesn't typically go through unbroken skin. **TRUE** FALSE

HIV cannot permeate intact skin.¹²

10. Cum (semen) and blood can carry HIV. **TRUE** FALSE

HIV transmission can occur when blood, semen (cum), pre-seminal fluid (pre-cum), vaginal fluid, or breast milk from an infected person enters the body of an uninfected person.¹³

11. A person must have a lot of different sex partners to be at risk for HIV. TRUE **FALSE**

Having multiple sex partners puts you at an increased risk for contracting HIV, but anyone who is sexually active is potentially at risk.¹⁴ Limiting the number of partners you have decreases—but doesn't eliminate—your HIV risk.¹⁵

12. If the man pulls out (withdraws) before orgasm, he cannot spread or get HIV. TRUE **FALSE**

HIV can be present in pre-ejaculate and, therefore, risk of transmission is high. Withdrawing before orgasm is unlikely to reduce risk of other STDs.¹⁶

13. A negative result on an HIV test can happen even when somebody has HIV. **TRUE** FALSE

A negative or seronegative result usually means that you are not infected with HIV. However, you should be re-tested in six months because it can take this long for your immune system to produce enough antibodies to be detected by the test.¹⁷

⁹ http://www.staying-alive.org/en/knowledge/hivandaids/hiv_and_aids_fa

¹⁰ <http://www.guttmacher.org/pubs/tgr/07/4/gr070411.html>

¹¹ http://www.iwannaknow.org/basics2/hiv_aids.html

¹² <http://www.thebody.com/Forums/AIDS/safesex/Archive/PreventionNon/Q170855.html>

¹³ <http://www.cdc.gov/hiv/resources/qa/qa16.htm>

¹⁴ <http://www.amfar.org/cgi-bin/iowa/about/hiv/record.html?record=4>

¹⁵ http://www.iwannaknow.org/basics2/hiv_aids.html

¹⁶ <http://www.engenderhealth.org/res/onc/hiv/preventing/miw/hiv6miw10.html>

¹⁷ <http://www.thebody.com/content/prev/art33134.html>

14. It's more important for people to protect themselves against HIV in big cities than in small towns. TRUE **FALSE**

Although the HIV/AIDS epidemic emerged in urban areas, it has spread to rural America.¹⁸ Regardless of where you live, it's important to practice safe sex and protect yourself from HIV and STDs.

15. Only receptive anal sex transmits HIV/AIDS. TRUE **FALSE**

It is possible for either sex partner to become infected with HIV during anal sex. Unprotected (without a condom) anal sex (intercourse) is considered to be very risky behavior.¹⁹

16. Many people in the U.S. who have HIV don't even know they have it. **TRUE** FALSE

About 25% of people living with HIV in the U.S. (252,000--312,000 persons) are unaware of their infection and therefore unable to benefit from clinical care to reduce morbidity and mortality. A number of these persons are likely to have transmitted HIV unknowingly.²⁰

17. Anal sex (in the butt) is risky. **TRUE** FALSE

Unprotected (without a condom) anal sex (intercourse) is considered to be very risky behavior. It is possible for either sex partner to become infected with HIV during anal sex.²¹

18. Mutual masturbation and body rubbing are low risk for HIV. **TRUE** FALSE

With only skin-to-skin contact, these activities are risk free.²² However, it's important to realize that *any* sexual practice can be made safe or unsafe. For instance, mutual masturbation can become unsafe if people touch their own genitals after getting a partner's infected semen, blood or vaginal fluids on their hands.²³

19. There are no HIV-infected people on Indian reservations. TRUE **FALSE**

HIV/AIDS exists in both urban and rural Native American populations; however, many of those with HIV are not aware of their status.²⁴

20. When they are first infected with HIV, some people get flu-like symptoms that soon go away. **TRUE** FALSE

Up to 70% of people newly infected with HIV will experience some "flu-like" symptoms during this stage. These symptoms, which usually last no more than several days, might include fevers, chills, night sweats, and rashes. Afterward, the infected person returns to feeling and looking completely well.²⁵ It's important to realize that the only way to know if you are infected is to be tested for HIV. You cannot rely on symptoms to know whether or not you are infected. Many people who are infected with HIV do not have any symptoms at all for 10 years or more.²⁶

¹⁸ http://www.raconline.org/pdf/Rural_HIV_Factsheet.pdf

¹⁹ <http://www.cdc.gov/hiv/resources/qa/qa22.htm>

²⁰ <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>

²¹ <http://www.cdc.gov/hiv/resources/qa/qa22.htm>

²² <http://www.sfaf.org/aids101/sexual.html#jo>

²³ <http://www.sfaf.org/aids101/sexual.html>

²⁴ <http://www.ihs.gov/MedicalPrograms/HIVAIDS/index.cfm>

²⁵ http://www.sfaf.org/aids101/hiv_disease.html

²⁶ <http://www.cdc.gov/hiv/resources/qa/qa5.htm>

Challenges to Preventing HIV among Native Americans¹

Just knowing someone's race or ethnicity doesn't mean you can predict whether they are more likely to get an STD. But, there are certain things that people do or experience that can make it more likely that they will get an STD. Unfortunately, some of these things affect Natives and raise our chances of getting STDs and HIV.

What are some things that increase our risk?

STDs

Having an STD can increase the chances of getting or spreading HIV. Native Americans have high rates of STDs compared to non-Natives.

Drug & Alcohol Use

People who use illegal drugs or who abuse alcohol are more likely to do risky sexual behaviors—like not using a condom—when they are high or drunk. Native Americans use more illegal drugs than non-Natives.

Tribal Variation

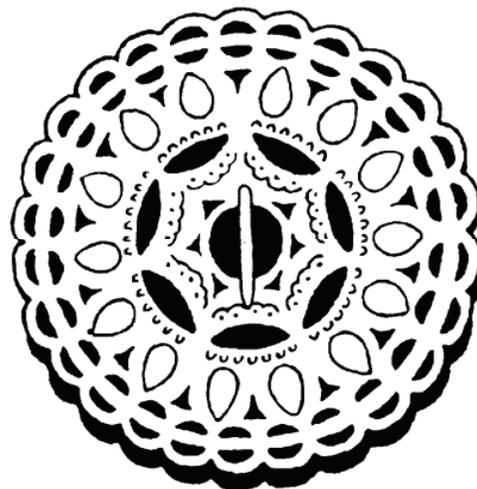
To work, HIV prevention efforts have to fit the specific needs of individual groups. Because each tribe has its own culture, beliefs, and practices, it can be hard to tailor these efforts for specific Native groups—like Native youth in the Pacific Northwest or LGBTQ Native Youth in the Southwest.

Poverty

Issues related to poverty (like low education levels and poor use of health care services) can increase the risk for HIV infection. About 25% of Natives live in poverty—that is twice as high as the U.S. as a whole. As a result, compared to non-Natives, fewer Natives graduate from high school, Natives use health care services less, Natives suffer more from many sicknesses, and Natives live shorter lives.

HIV Testing

For many Native Americans, getting an HIV test isn't easy. This is because many of us live in small, rural communities, far away from towns and cities that may have places you can go to be tested for HIV. Many Natives don't want to be tested in their own communities, because they know too many people who work in the clinic.



¹ Source: CDC, <http://www.cdc.gov/hiv/resources/factsheets/aian.htm>.

The Z Virus

Objective:

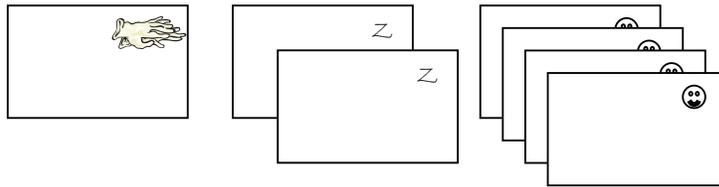
You cannot tell by looking at someone whether it is safe to have sex or share needles. Most infected persons have no symptoms or outward signs of illness and may not know themselves that they are infected. This activity demonstrates how quickly STDs (including HIV), can pass from person to person.

Materials:

Index cards
Pens/pencils

Directions:

Before distributing the index cards, on the back of one card draw a very small glove. On the back of two cards, draw a small letter “Z”. On the rest of the cards put a small happy face. (If there are more than 15 people in the group, add another glove and another “Z” card.)



Shuffle the cards and hand out one to each student; don't acknowledge that the cards have symbols on the back. Instruct the students to go around the room and greet three people with a firm hand shake. Each person they greet should sign their card. Once they have three signatures they should return to their seats and wait until everyone else is through.

After everyone is seated tell the group about a new deadly disease that has no cure called the “Z Virus”. Explain that the only way to get the virus is by shaking hands and the only way to be protected from getting the virus—other than not shaking hands—is wearing a latex glove.

Tell the group there several people in the room who have the virus. Tell everyone to turn over their cards; whoever has a “Z” is “infected” and should stand up. Ask that person to read the names of the people he or she shook hands with; those three people should also stand up. Each person who stands up should identify the people whose hands they shook, and each of these people should stand up as well. Soon, almost the entire group will be standing. Have the participants look at their cards again; whoever has a glove was protected during the game and can take a seat.

Explain to the group that there's really no “Z Virus”; this activity was done to demonstrate a point.

Discussion:

Lead a discussion about the activity. Ask:

- How did it feel to discover you were infected with the Z virus?
- If you knew you could get the Z virus from shaking hands, how would you have dealt with the activity differently?
- Could you tell by looking at a person whether or not they had the Z virus?
- How is the Z virus like other illnesses? (STDs and/or HIV should come up)
- What behaviors put you at risk for STDs/HIV?
- How could a person protect themselves from STDs/HIV?
- What might declining a hand shake represent? (choosing not to have sex)
- What might the glove represent? (latex condom)
- What might asking to see someone's card before shaking hands represent? (having you and your partner tested for STDs/HIV before having sex)

Wrap up discussion by pointing out that:

- STDs can be transmitted very quickly and easily.
- You cannot tell if someone has an STD or HIV without his or her being tested.
- Having casual sexual contact with one person is like having contact with all that person's partners.
- There are simple steps we can take to ensure that we take care of our sexual health.