

# **17: HIV/AIDS - Part2**

**Words of Wisdom**

**HIV/AIDS True/False Part 2**

**HIV/AIDS True/False Part 2 Answers**

**HIV/AIDS Match - Mismatch Cards**

**“This Can’t Happen to Me” Role Play**

**“This Can’t Happen to Me” Lab Results**

**Person Living with HIV/AIDS Interview Guide**

**Resources**

**It's easy to be brave  
from a safe distance.**

*Omaha*

# HIV/AIDS True or False—Part 2

TEAM: \_\_\_\_\_

- |  |      |       |
|--|------|-------|
| 1. Most teens report that they used a condom the last time they had sex.   | TRUE | FALSE |
| 2. The average time from when someone is exposed to HIV to when they first show signs or symptoms is 8 to 10 years.  | TRUE | FALSE |
| 3. Today, HIV is acquired in 3 ways:<br>--Sexual intercourse with an infected person<br>--Blood-to-blood contact (mostly sharing needles and injection equipment)<br>--From infected mother to child during birth or through breastfeeding | TRUE | FALSE |
| 4. About 1 out of every 4 new HIV infections reported in the U.S. are among persons under 22 years old.  | TRUE | FALSE |
| 5. HIV causes AIDS.  | TRUE | FALSE |
| 6. Breast milk of HIV positive women contains HIV.   | TRUE | FALSE |
| 7. Being “HIV positive” is the same thing as having AIDS.  | TRUE | FALSE |
| 8. Symptoms of late stage HIV infection include:<br>--Persistent, unexplained fatigue<br>--Soaking night sweats<br>--Shaking chills or high fevers<br>--Swelling of lymph nodes<br>--Chronic diarrhea<br>--Persistent headaches            | TRUE | FALSE |
| 9. Douching after sex reduces the risk of HIV infection.   | TRUE | FALSE |
| 10. You can catch HIV by touching saliva (spit), tears, or sweat.  | TRUE | FALSE |
| 11. You have to be gay to get HIV.   | TRUE | FALSE |
| 12. Doing drugs or drinking alcohol can increase your chance of getting HIV.   | TRUE | FALSE |
| 13. You can get HIV from sharing needles and other works to inject drugs.  | TRUE | FALSE |
| 14. There are medicines to cure HIV.   | TRUE | FALSE |

- |  |      |       |
|--|------|-------|
| 15. Each year, the number of women diagnosed with HIV grows more than the number of men diagnosed with HIV.    | TRUE | FALSE |
| 16. Getting HIV is a death sentence  | TRUE | FALSE |
| 17. Having an STD makes you more at risk for HIV.  | TRUE | FALSE |
| 18. HIV weakens your immune system so your body can't fight against infections.                                | TRUE | FALSE |
| 19. You can get HIV by sharing a razor or toothbrush with someone who is HIV positive.                         | TRUE | FALSE |
| 20. Women are more easily infected with HIV by men than men are infected by women.                             | TRUE | FALSE |
| 21. An HIV positive man with an undetectable viral load cannot transmit HIV.                                   | TRUE | FALSE |
| 22. There will probably be a vaccine for HIV/AIDS pretty soon.   | TRUE | FALSE |
| 23. It's possible to get HIV from a blood transfusion today in the U.S.  | TRUE | FALSE |
| 24. Many cases of HIV/AIDS have been from female-to-female sexual transmission.                                | TRUE | FALSE |
| 25. Current U.S. national guidelines recommend that everyone between the ages of 13 and 64 be screened for HIV | TRUE | FALSE |

# HIV/AIDS True or False—Part 2

## Answers & Explanations

1. Most teens report that they used a condom the last time they had sex. **TRUE** FALSE

Among high school students who were currently sexually active, 62% reported that either they or their partner had used a condom during last sexual intercourse.<sup>1</sup>

2. The average time from when someone is exposed to HIV to when they first show signs or symptoms is 8 to 10 years. **TRUE** FALSE

After the initial flu-like symptoms that some people infected with HIV experience, most do not experience any other visible symptoms for 8-10 years.<sup>2</sup>

3. Today, HIV is acquired in 3 ways: **TRUE** FALSE

- Sexual intercourse with an infected person
- Blood-to-blood contact (mostly sharing needles and injection equipment)
- From infected mother to child during birth or through breastfeeding

HIV is spread by sexual contact with an infected person, by sharing needles and/or syringes (primarily for drug injection) with someone who is infected, or, less commonly (and now very rarely in countries where blood is screened for HIV antibodies), through transfusions of infected blood or blood clotting factors. Babies born to HIV-infected women may become infected before or during birth or through breast-feeding after birth.<sup>3</sup>

4. About 1 out of every 4 new HIV infections reported in the U.S. are among persons under 22 years old.<sup>4</sup> **TRUE** FALSE

In 2006, among men with new HIV infection, 35% were in between the ages of 13-29; among women 32% were between 13-29.<sup>5</sup>

5. HIV causes AIDS. **TRUE** FALSE

When HIV enters your body, it infects specific cells in your immune system. These cells are called CD4 cells or helper T cells. They are important parts of your immune system and help your body fight infection and disease. When your CD4 cells are not working well, you are more likely to get sick. Usually, CD4 cell counts in someone with a healthy immune system range from 500 to 1,800 per cubic millimeter of blood. AIDS is diagnosed when your CD4 cell count goes below 200. Even if your CD4 cell count is over 200, AIDS can be diagnosed if you have HIV and certain diseases.<sup>6</sup>

<sup>1</sup> <http://apps.nccd.cdc.gov/yrbss>

<sup>2</sup> <http://www.hivinsight.com/hiv?page=basics-00-02>

<sup>3</sup> <http://www.cdc.gov/hiv/resources/factsheets/transmission.htm>

<sup>4</sup> <http://www.thebody.com/content/art33154.html>

<sup>5</sup> <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5736a1.htm>

<sup>6</sup> <http://www.cdc.gov/hiv/resources/brochures/livingwithhiv.htm#q2>

6. Breast milk of HIV positive women contains 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.<sup>7</sup>

7. Being “HIV positive” is the same thing as having AIDS. TRUE  FALSE

No. Someone can be HIV positive for years—or even decades—before they are diagnosed with AIDS. AIDS is diagnosed when your CD4 cell count goes below 200. Even if your CD4 cell count is over 200, AIDS can be diagnosed if you have HIV and certain diseases.<sup>8</sup>

8. Symptoms of late stage HIV infection include:<sup>9</sup>  TRUE  FALSE

- Persistent, unexplained fatigue
- Soaking night sweats
- Shaking chills or high fevers
- Swelling of lymph nodes
- Chronic diarrhea
- Persistent headaches

9. Douching after sex reduces the risk of HIV infection. TRUE  FALSE

Douching after sexual exposure has not been shown to reduce the risk of HIV infection. Douching can reduce the amount of semen left in the vagina after sex, but may also increase the risk of infections (such as bacterial vaginosis) which may in turn increase the risk of getting infected with HIV.<sup>10</sup>

10. You can catch HIV by touching saliva (spit), tears, or sweat. TRUE  FALSE

HIV has been found in saliva and tears in very low quantities from some AIDS patients. It is important to understand that finding a small amount of HIV in a body fluid does not necessarily mean that HIV can be *transmitted* by that body fluid. HIV has *not* been recovered from the sweat of HIV-infected persons. Contact with saliva, tears, or sweat has never been shown to result in transmission of HIV.<sup>11</sup>

11. You have to be gay to get HIV. TRUE  FALSE

Homosexuals get AIDS the same way that heterosexuals do. And they can protect themselves the same way, too.<sup>12</sup>

12. Doing drugs or drinking alcohol can increase your chance of getting HIV.  TRUE  FALSE

Alcohol and drugs can alter people's judgment. They may take risks that might expose them to HIV that they would not take when sober. Sharing needles to inject drugs (such as heroin, speed, or anabolic steroids) is VERY dangerous and can easily spread HIV (and other serious diseases) from one person to another.<sup>13</sup>

<sup>7</sup> <http://www.cdc.gov/hiv/resources/qa/qa16.htm>

<sup>8</sup> <http://www.cdc.gov/hiv/resources/brochures/livingwithhiv.htm#q2>

<sup>9</sup> <http://www.mayoclinic.com/health/hiv-aids/DS00005/DSECTION=symptoms>

<sup>10</sup> <http://hivinsite.ucsf.edu/inSite?page=ask-06-05-23>

<sup>11</sup> <http://www.cdc.gov/hiv/resources/factsheets/transmission.htm>

<sup>12</sup> <http://www.talkingwithkids.org/aids.html>

<sup>13</sup> <http://hivinsite.ucsf.edu/hiv?page=basics-00-16>

13. You can get HIV from sharing needles and other works to inject drugs.  TRUE  FALSE

Sharing needles to inject drugs (such as heroin, speed, or anabolic steroids) is VERY dangerous and can easily spread HIV (and other serious diseases) from one person to another.<sup>14</sup>

14. There are medicines to cure HIV.  TRUE  FALSE

There is no cure for HIV. However, recently, doctors have been able to control the virus once a person is infected, which means that a person with HIV can stay healthy for longer, but they are still infected with the virus.<sup>15</sup>

15. Each year, the number of women diagnosed with HIV grows more than the number of men diagnosed with HIV.  TRUE  FALSE

Even though more men than women have HIV, women are catching up.<sup>16</sup> Today, women account for more than 25% of all new HIV/AIDS diagnoses.<sup>17</sup> Women of color, particularly African American women, have been especially hard hit and represent the majority of new AIDS cases among women.<sup>18</sup>

16. Getting HIV is a death sentence  TRUE  FALSE

HIV is no longer considered a “death sentence”; with proper management, HIV patients can live a normal and full life.<sup>19</sup>

17. Having an STD makes you more at risk for HIV.  TRUE  FALSE

Individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV infection if they are exposed to the virus through sexual contact. In addition, if an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons.<sup>20</sup>

18. HIV weakens your immune system so your body can't fight against infections.  TRUE  FALSE

True. When HIV enters your body, it infects specific cells in your immune system. These cells are called CD4 cells or helper T cells. They are important parts of your immune system and help your body fight infection and disease. When your CD4 cells are not working well, you are more likely to get sick. Usually, CD4 cell counts in someone with a healthy immune system range from 500 to 1,800 per cubic millimeter of blood. AIDS is diagnosed when your CD4 cell count goes below 200. Even if your CD4 cell count is over 200, AIDS can be diagnosed if you have HIV and certain diseases.<sup>21</sup>

<sup>14</sup> <http://hivinsite.ucsf.edu/hiv?page=basics-00-16>

<sup>15</sup> <http://www.avert.org/young.htm>

<sup>16</sup> <http://www.cdc.gov/hiv/topics/women/>

<sup>17</sup> <http://www.cdc.gov/hiv/topics/women/resources/factsheets/women.htm>

<sup>18</sup> <http://www.kff.org/hiv/aids/upload/6092-03.pdf>

<sup>19</sup> <http://www.aafp.org/fpr/20001000/28.html>

<sup>20</sup> <http://www.cdc.gov/std/hiv/STDFact-STD&HIV.htm>

<sup>21</sup> <http://www.cdc.gov/hiv/resources/brochures/livingwithhiv.htm#q2>

19. You can get HIV by sharing a razor or toothbrush with someone who is HIV positive.  TRUE  FALSE

Although HIV has been transmitted between family members in a household setting, this type of transmission is very rare. Practices that increase the likelihood of blood contact, such as sharing of razors and toothbrushes, should be avoided.<sup>22</sup>

20. Women are more easily infected with HIV by men than men are infected by women.  TRUE  FALSE

Male-to-female transmission of HIV is estimated to be eight times more likely than female-to-male transmission.<sup>23</sup>

21. An HIV positive man with an undetectable viral load cannot transmit HIV. TRUE  FALSE

HIV transmission is possible even if a patient has an undetectable viral load in his semen.<sup>24</sup>

22. There will probably be a vaccine for HIV/AIDS pretty soon. TRUE  FALSE

Scientists around the world are working on an AIDS vaccine, but they have run into many challenges. A safe and effective preventive vaccine for use around the world is still many years—if not decades—away.<sup>25</sup>

23. It's possible to get HIV from a blood transfusion today in the U.S. TRUE  FALSE

Since 1985, the U.S. blood supply has been tested for HIV. Blood and blood products that test positive for HIV are safely discarded and are not used for transfusions. In other countries, the risk of HIV transmission from a blood transfusion depends on the blood screening policies there.<sup>26</sup>

24. Many cases of HIV/AIDS have been from female-to-female sexual transmission. TRUE  FALSE

To date, there are no confirmed cases of female-to-female sexual transmission of HIV in the U.S. However, case reports of female-to-female transmission of HIV and the well-documented risk of female-to-male transmission indicate that vaginal secretions and menstrual blood are potentially infectious and that mucous membrane (for example, oral, vaginal) exposure to these secretions has the potential to lead to HIV infection.<sup>27</sup>

25. Current U.S. national guidelines recommend that everyone between the ages of 13 and 64 be screened for HIV  TRUE  FALSE

The Centers for Disease Control and Prevention recommends that screening for HIV infection be performed routinely for all patients aged 13–64 years.<sup>28</sup> Anyone at risk should be tested each year.

<sup>22</sup> <http://www.cdc.gov/hiv/resources/factsheets/transmission.htm>

<sup>23</sup> <http://www.caps.ucsf.edu/pubs/FS/womenrev.php>

<sup>24</sup> <http://www.aidsmap.com/en/news/167784F9-FD3C-4148-8AB3-F669FE941BB3.asp>

<sup>25</sup> <https://www.iavi.org/viewfile.cfm?fid=49229>

<sup>26</sup> <http://www.cdc.gov/hiv/resources/qa/qa15.htm>

<sup>27</sup> <http://www.cdc.gov/hiv/topics/women/resources/factsheets/wsw.htm>

<sup>28</sup> <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>

HIV/AIDS Match-Mismatch Cards—Page 1

|                    |               |
|--------------------|---------------|
| <b>MOUTH</b>       | <b>PENIS</b>  |
| <b>VAGINA</b>      | <b>ANUS</b>   |
| <b>SKIN CUT</b>    | <b>EYES</b>   |
| <b>INTACT SKIN</b> | <b>NOSE</b>   |
| <b>EAR</b>         | <b>FINGER</b> |
| <b>TOE</b>         | <b>TONGUE</b> |

HIV/AIDS Match-Mismatch Cards—Page 2

|                       |                     |
|-----------------------|---------------------|
| <b>BLOOD</b>          | <b>SEMEN</b>        |
| <b>VAGINAL FLUIDS</b> | <b>BREAST MILK</b>  |
| <b>SALIVA</b>         | <b>TEARS</b>        |
| <b>URINE</b>          | <b>SWEAT</b>        |
| <b>FECES</b>          | <b>SWEAT</b>        |
| <b>VOMIT</b>          | <b>STOMACH ACID</b> |

# “This Can’t Happen to Me” Role Play

## Marco’s Part

### The Story:

You and Abby have been going out and having sex for several months. Things have gotten pretty serious lately, and you’ve even talked about getting married. You decide you should both get tested for HIV. Today is the day you get your test results. You do not know Abby’s test results and she does not know yours. If you need to talk through things or have questions about HIV/AIDS, your friend Joshua is here to help you.

### Before the Play:

- You will receive your HIV test results.

### During the Play:

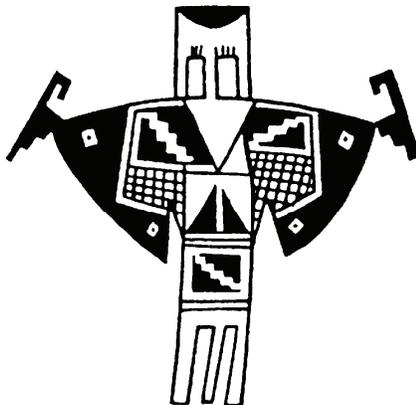
- Kelsey will tell you when it’s time to start the role play.
- Start by talking to Joshua or Abby. Tell him or her what your HIV test results are.

### Ending the Play:

- The play ends when you and Abby have made a decision about your future.

### After the Play:

- Joshua and Kelsey have some questions to discuss with the group.



# “This Can’t Happen to Me” Role Play

## Abby’s Part

### The Story:

You and Marco have been going out and having sex for several months. Things have gotten pretty serious lately, and you’ve even talked about getting married. You decide you should both get tested for HIV. Today is the day you get your test results. You do not know Marco’s test results and he does not know yours. If you need to talk through things or have questions about HIV/AIDS, your friend Kelsey is here to help you.

### Before the Play:

- You will receive your HIV test results.

### During the Play:

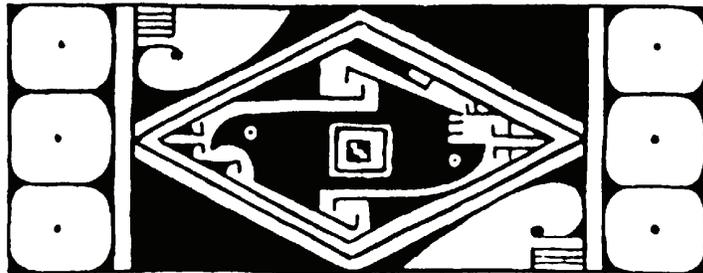
- Kelsey will tell you when it’s time to start the role play.
- If Marco wants to talk to his friend, Joshua, first, pretend you are not there.
- When Marco talks to you, respond as you think you would if this was real.
  - How will you first react?
  - Make sure he tells you all the facts.
  - What are the chances of you being infected with HIV?
  - How will this affect your relationship and your future? Will you drop him “like a hot potato”? Do you still think you’ll marry him? What about having children?
  - If you decided to keep seeing Marco, what can you do to reduce your chances of getting infected?
  - Discuss what you and Marco should do. Realizing that you really love him, what could you do to help him without putting yourself at risk?

### Ending the Play:

- The play ends when you and Marco have decided about your future.

### After the Play:

- Joshua and Kelsey have some questions to discuss with the group.



# “This Can’t Happen to Me” Role Play

## Joshua’s Part

### The Story:

You are Marco’s best friend. Marco and Abby have been going out and having sex for several months. Things have gotten pretty serious lately, and they’ve even talked about getting married. They decide they should both get tested for HIV. Today is the day they get their test results. Marco’s test is positive and Abby’s test is negative. Abby does not know Marco’s test results and Marco does not know Abby’s. You are there to help Marco talk through things and answer any questions he may have about HIV/AIDS.

### Before the Play:

- Abby and Marco receive their HIV test results.

### During the Play:

- Kelsey will tell you when it’s time to start the role play.
- Marco may choose to talk to you or Abby first. If he wants to talk to Abby first, pretend you are not there.
- If Marco talks to you first, what will you say? Will you encourage him to tell Kelsey?
- Help them make sure their decision is based on facts, not on fears or incorrect information.

### Ending the Play:

- The play ends when Abby and Marco have decided about their future.

### After the Play:

Kelsey will ask you to lead a discussion with the following questions. Tell the other characters to step out of their roles and to answer these questions as themselves. Get each person’s response to each question.

- How do you think you would cope if you found out you were infected with HIV?
- How would it change your life?
- Would you tell your family? Your friends?
- Would you continue your education?
- How would you want to be treated by your family? Friends? Teachers?

When you are finished leading the discussion on these questions, Kelsey has some additional questions for discussion.



# “This Can’t Happen to Me” Role Play

## Kelsey’s Part

*\*\*In addition to the role of Kelsey, you are also the Director of the role play.\*\**

### The Story:

You are Abby’s best friend. Marco and Abby have been going out and having sex for several months. Things have gotten pretty serious lately, and they’ve even talked about getting married. They decide they should both get tested for HIV. Today is the day they get their test results. Marco’s test is positive and Abby’s test is negative. Abby does not know Marco’s test results and Marco does not know Abby’s. You are there to help Abby talk through things and answer any questions she may have about HIV/AIDS.

### Before the Play:

- Abby and Marco receive their HIV test results.
- Give everyone time to read through the information about their roles and characters.

### During the Play:

- You will ask Marco to begin the play by telling his story to Joshua or Abby.
- Marco may choose to talk to Joshua or Abby first. The other person should pretend they are not there.
- If Marco runs out of things to say, ask him to tell Abby all the facts:
  - he is infected with HIV
  - where he got HIV
  - that he could transmit the virus through sex
  - the treatment
- If Abby runs out of things to say, ask her to tell Marco the following:
  - how she feels about his problem (angry, confused, shocked, etc)
  - what she is going to do about the relationship - still marry him, drop him like a "hot potato," or *what? Why?*
  - How will this affect her behavior with him? Will she talk with him? Hold his hand? Kiss him? Share personal items with him (combs, water glass, books, etc.)? Or have sex with him?
- You should make sure their decision is based on facts, not on fears or incorrect information.

### Ending the Play:

- The play ends when Abby and Marco have decided about their future.

### After the Play:

Call on Joshua to lead with his discussion questions. When Joshua is finished with his questions, ask the group to discuss the following:

- What do you think are the major factors that determine whether people are sexually active before marriage? Outside of marriage?
- What do you think are the major factors that lead couples to practice safer sex versus unsafe sex?

**FAMILY MEDICINE**  
Laboratory Director

**NAME** Abby                      **DOB** 5-1-XX              **SEX** F              **DATE** 2-14-XX

**Requested by:** J. Smith, NP

**Collection Time:** 10:00              **Report Time:** \_\_\_13:30

**Comments:**

| <u>Urinalysis</u>                        | <u>Micro</u>    | <u>CBC</u>                                   | <u>Normal Values</u> |
|--|-----------------|--|----------------------|
| Color _____                              | WBC/hpf _____   |  |                      |
| Character _____                          | RBC/hpf _____   | Normal Values                                | M 5.4 - 07           |
|  |                 | WBC (ki 0 3)                                 |                      |
| Leuko _____                              | Bact/hpf _____  | RBC (x10 6)                                  | F 4.6 + 0.6          |
| Nitrite _____                            | Epith/hpf _____ | Hgb (gms %)                                  |                      |
| Urobil _____                             | Mucus/hpf _____ | Hct (%)                                      | M 47 - 5             |
| Protein _____                            | Casts/lpf _____ |  | F 42 + 5             |
| SSA _____                                | _____           | _____  | _____                |
| PH _____                                 | _____           | MCV (um3)                                    | _____                |
| Blood _____                              | Other _____     | _____  | _____                |
| SP.Gra _____                             | _____           | Plats  | _____                |
| Keto _____                               | _____           |  |                      |
| Acet. _____                              |                 |  |                      |
| Bill _____                               |                 | <input type="checkbox"/> Whole Blood Glucose |                      |
| Icto _____                               |                 |  |                      |
| Gluc _____                               |                 | <input type="checkbox"/> Mono Test           |                      |
| Clini _____                              |                 | <input type="checkbox"/> Chlamydia           |                      |
| <input type="checkbox"/> Urine Preg Test |                 |  |                      |
| (Sens > 50 miu/ml)                       |                 |  |                      |
| <input type="checkbox"/> KOH             |                 |  |                      |
| <input type="checkbox"/> Strep Antigen   |                 |  |                      |
| <input type="checkbox"/> Wet Prep        |                 |  |                      |
| <input type="checkbox"/> Occult Blood    |                 |  |                      |

**HIV: NEGATIVE**

**Your HIV test results came back NEGATIVE. Think about these questions before continuing the role play.**

- How will you first react?
- If Marco's test is positive, what are the chances of you being infected with HIV?
- How would this affect your relationship and your future? Do you still think you would marry him? What about having children?
- If you decided to keep seeing Marco, what could you do to reduce your chances of getting infected?
- Discuss what you and Marco should do. Realizing that you really love him, what could you do to help him without putting yourself at risk?

**FAMILY MEDICINE**  
Laboratory Director

**NAME** Marco      **DOB** 12-1-XX      **SEX** M      **DATE** 2-14-XX

**Requested by:** J. Smith, NP

**Collection Time:** 10:15      **Report Time:** \_\_\_\_ 13:45

**Comments:**

| <u>Urinalysis</u>                        | <u>Micro</u>       | <u>CBC</u>                                   | <u>Normal Values</u> |
|--|--------------------|--|----------------------|
| <u>Color</u>                             | WBC/hpf _____      |  |                      |
| <u>Character</u>                         | RBC/hpf _____      | Normal Values                                | M 5.4 - 07           |
|  |                    | WBC (ki 0 3)                                 |                      |
| <u>Leuko</u>                             | Bact/hpf _____     | RBC (x10 6)                                  | F 4.6 + 0.6          |
| <u>Nitrite</u>                           | Epith/hpf _____    | Hgb (gms %)                                  |                      |
| <u>Urobil</u>                            | Mucus/hpf _____    | Hct (%)                                      | M 47 - 5             |
| <u>Protein</u>                           | Casts/lpf _____    |  | F 42 + 5             |
| <u>SSA</u>                               | _____              |  |                      |
| <u>PH</u>                                | _____              | MCV (um3)                                    |                      |
| <u>Blood</u>                             | <u>Other</u> _____ |  |                      |
| <u>SP.Gra</u>                            | _____              | Plats  |                      |
| <u>Keto</u>                              | _____              |  |                      |
| <u>Acet.</u>                             |                    |  |                      |
| <u>Bill</u>                              |                    | <input type="checkbox"/> Whole Blood Glucose |                      |
| <u>Icto</u>                              |                    |  |                      |
| <u>Gluc</u>                              |                    | <input type="checkbox"/> Mono Test           |                      |
| <u>Clini</u>                             |                    | <input type="checkbox"/> Chlamydia           |                      |
| <input type="checkbox"/> Urine Preg Test |                    |  |                      |
| (Sens > 50 miu/ml)                       |                    |  |                      |
|  |                    | <b>HIV: POSITIVE</b>                         |                      |
| <input type="checkbox"/> KOH             |                    |  |                      |
| <input type="checkbox"/> Strep Antigen   |                    |  |                      |
| <input type="checkbox"/> Wet Prep        |                    |  |                      |
| <input type="checkbox"/> Occult Blood    |                    |  |                      |

**Your HIV test results came back POSITIVE. Think about these questions before continuing the role play.**

- Who are you going to talk first, Abby or Joshua?
- How did you get HIV?
- What are you going to say about your problem?
- *Note: You are infected with HIV and have antibodies in your blood, but you have no AIDS symptoms yet.*
- What will your future be in terms of your health and social life?
- How will this change your relationship with Abby?

# Person Living with HIV/AIDS Interview Guide

1. Tell us a little bit about yourself including how long you have known your HIV status.
2. Tell us about your life before you knew you had HIV.
3. Do you know when you contracted HIV? Was it with a particular partner or during a certain time in your life? Tell us about that?
4. How did you decide to get tested?
5. Tell us about your experience getting tested. Where did you go? What was the test like? How did you find out your status?
6. How did you feel when you found out you were HIV positive? Who did you tell?
7. How has your life changed since finding out you were HIV positive? How often do you go to the doctor? Do you take medications?
8. What is your life like now? How is your health? How have your relationships with other people changed?
9. What is one thing you wish you had known before you contracted HIV?
10. What is one word of advice you would give to young people about taking care of their health?



# RESOURCES

## AI/AN Resources

### **Centers for Disease Control & Prevention: HIV/AIDS Among AI/AN**

<http://www.cdc.gov/hiv/resources/factsheets/PDF/aian.pdf>

Factsheet on HIV/AIDS in Native Americans from the CDC.

### **I Know Mine**

<https://www.iknowmine.org>

I Know Mine is an STD/HIV prevention project of the Alaska Native Tribal Health Consortium. Its website has factsheets, quizzes, a clinic locator, digital stories, condoms, posters, brochures, and more.

### **Indian Health Service HIV/AIDS Program**

<http://www.ihs.gov/MedicalPrograms/HIVAIDS>

Links to HIV/AIDS resources and information relevant to AI/AN.

### **National Native American AIDS Prevention Center**

<http://www.nnaapc.org/programs/native-youth-media/native-youth-media.htm>

NNAAPC helps organizations that serve Native communities to plan, develop and manage HIV/AIDS prevention, intervention, care, and treatment programs. This link is to NNAAPC's HIV Prevention Media, Curricula, and Resources for Native youth.

### **Project Red Talon**

[http://www.npaihb.org/epicenter/project/project\\_red\\_talon](http://www.npaihb.org/epicenter/project/project_red_talon)

Project Red Talon is the HIV/AIDS Project of the Northwest Portland Area Indian Health Board. Culturally-appropriate brochures, posters, and other educational materials are available for download.

## General Info

### **Amplify Your Voice: HIV**

<http://www.amplifyyourvoice.org/issues/hiv>

Amplify is an online community dedicated to sexual health, reproductive justice, and youth-led grassroots movement building. A project of Advocates for Youth.

### **Avert: What is AIDS?**

<http://www.avert.org/aids.htm>

AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **Teen Source: What is HIV?**

[http://www.teensource.org/pages/3026/Human\\_Immunodeficiency\\_Virus\\_HIV.htm](http://www.teensource.org/pages/3026/Human_Immunodeficiency_Virus_HIV.htm)

An educational resource for teens and young adults on healthy and responsible sexual lifestyles. Developed by the California Family Health Council.

### **TeenTalk**

<http://www.plannedparenthood.org/teen-talk>

A teen-friendly sexual health website developed by Planned Parenthood.

## Resources for HIV+ Youth

### **Avert: Personal Stories of Young People Living with HIV**

<http://www.avert.org/hiv-stories.htm>

A selection of stories about living with HIV and AIDS, written by young people from all around the world. AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **The Body: Disclosure: Being Out as an HIV-positive Teen**

<http://www.thebody.com/content/art4820.html>

Article on some things teens may expect to confront when they find out they are HIV-positive.

### **The Body: Voices of Teens with HIV: How You Can Support Us**

<http://www.thebody.com/content/art/art47466.html>

Excerpt from a book on HIV+ teens.

## Testing Resources

### **Avert: HIV Testing**

<http://www.avert.org/testing.htm>

AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **The Body: HIV Testing**

<http://www.thebody.com/index/testing.html>

Links to articles and resources addressing HIV testing issues.

### **Centers for Disease Control & Prevention: HIV Testing**

<http://www.cdc.gov/hiv/topics/testing>

HIV testing information from the CDC.

### **Centers for Disease Control & Prevention: National HIV & STD Testing Resources**

<http://www.hivtest.org>

Search for HIV testing sites by zip code.

### **Centers for Disease Control & Prevention: Rapid HIV Testing**

<http://www.cdc.gov/hiv/topics/testing/rapid>

Rapid HIV testing information from the CDC.

### **HIV InSite: What happens when you get tested for HIV?**

<http://hivinsite.ucsf.edu/inSite?page=basics-00-18>

A comprehensive site developed by the Center for HIV Information at the University of California at San Francisco.

## Youth Resources

### **Avert: AIDS, Sex & Teens**

<http://www.avert.org/young.htm>

AVERT is an international HIV/AIDS charity. Good and easy-to-read basic information.

### **The Body: Young People & HIV/AIDS**

<http://www.thebody.com/index/whatis/children.html>

Links to articles and resources addressing HIV/AIDS in youth.

### **Centers for Disease Control & Prevention: HIV/AIDS Among Youth**

<http://www.cdc.gov/hiv/resources/Factsheets/PDF/youth.pdf>

A factsheet on HIV/AIDS in youth from the CDC.

### **Go Ask Alice**

<http://www.goaskalice.columbia.edu>

Columbia University's health Q&A Internet site.

### **HIV InSite: Adolescents & Youth**

<http://hivinsite.ucsf.edu/InSite?page=pb-youth>

A comprehensive website with links to many resources. Developed by the Center for HIV Information at the University of California at San Francisco.