

## QUIZ ROUND: World AIDS Day 2019

1. A) What does HIV stand for stand for?

*Answer: HIV stands for Human Immunodeficiency Virus.*

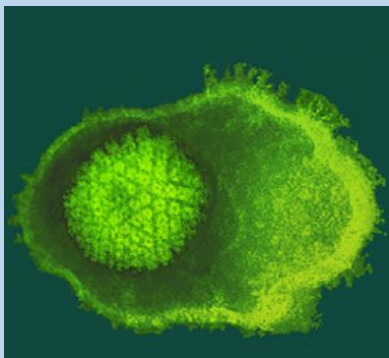
**B) What does AIDS stand for?**

*Answer: AIDS stands for Acquired Immune Deficiency Syndrome.*

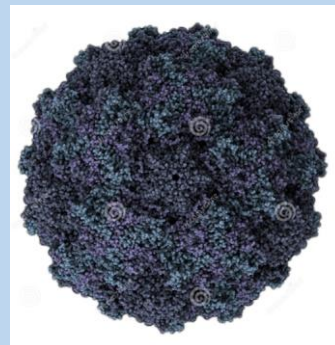
**More info:** It's important to remember that HIV and AIDS are not the same thing. When someone is described as living with HIV (Human Immunodeficiency Virus), they have the HIV virus in their body. A person is considered to have developed AIDS (Acquired Immune Deficiency Syndrome) when the immune system is so weak it can no longer fight off a range of infections with which it would normally cope.

2. Picture round: Which of the following images is the HIV virus?

A



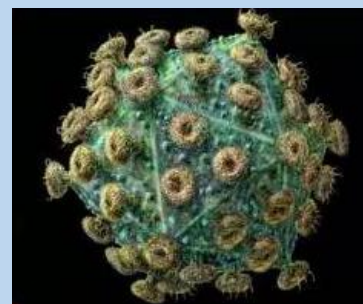
B



C



D



Answer: D

A = the varicella zoster virus – which causes chicken pox

B = human rhinovirus - the predominant cause of the common cold

C = ebola virus

**More info:** HIV belongs to a group of viruses called retroviruses. The shape of the virus means it is able to infect and therefore destroy or disable CD4 T-cells. CD4 T-cells co-ordinate the immune system's fight against infection.

**3. How many people do Public Health England estimate are living with HIV in the UK? The figure includes people who have not been diagnosed.**

- a) 47, 300
- b) 79, 800
- c) 101, 600

Answer: According to Public Health England, in 2017 there were an estimated 101,600 people living with HIV in the UK.

**More info:** Every year, Public Health England collects, analyses and publishes official statistics relating to the number of people newly diagnosed with HIV and the number accessing HIV care in the UK. They also use sophisticated modelling, based on what is known about the epidemic, to provide an estimate of the number of people living with HIV who have not yet been diagnosed.

**4. What proportion of these people do not know they have HIV?**

- a) 1 in 57
- b) 1 in 29
- c) 1 in 12

Answer: 1 in 12.

**More info:** Around 7,800 people are undiagnosed so do not know they are HIV positive. Getting tested regularly makes early diagnosis more likely and means you can start treatment sooner. Late diagnosis increases the risk of poor health and mortality among people living with HIV.

**5. What proportion of people diagnosed with HIV in 2017 were 25-49?**

- a) 12%
- b) 23%
- c) 42%
- d) 68%

Answer: 68%

**More info:** The proportion of people acquiring HIV who are aged 25-49 was 68%. This will include people who have recently acquired HIV, as well as some people who may have been living with undiagnosed HIV for some years. The proportion diagnosed at age 50 years and over has increased from 11% in 2008 to 20% in 2017.

**6. What proportion of people living with HIV in the UK acquired their HIV through sharing needles, syringes or other injecting equipment?**

- a) 2%
- b) 11%
- c) 23%
- d) 40%

*Answer: According to Public Health England, 2,400 people living with HIV in 2017 had acquired their infection through sharing needles, syringes and other injecting equipment. This represents just over 2% of people accessing HIV care in the UK in that year.*

**More info:** The UK introduced important harm reduction measures early in the HIV epidemic, such as access to needle and syringe exchanges. The number of people who acquire HIV through injecting remains stable in the UK and, compared to other countries, quite low.

**7. True or false: You can get HIV from a mosquito bite**

*Answer: False*

**More info:** It is physically impossible for a mosquito (or any other insect which bites mammals) to transmit HIV. Firstly, the HIV virus can't survive in or on an insect. Secondly, these insects only suck blood up, they do not inject blood back in.

**8. HIV can be transmitted by two of the following routes. Listen to them and circle Yes if you think it can be transmitted this way and no if you think it can't:**

Half a point for every correct answer

- a) Sharing needles or syringes
- b) Kissing someone
- c) Sex without a condom with someone who has HIV but has an undetectable viral load
- d) Spitting

*Answer:*

- a) YES
- b) NO
- c) NO
- d) NO

**More info:** In an Ipsos Mori survey, only 65% of the British public were able to identify the three main transmission routes for HIV – sex without a condom between a man and a woman, sex without a condom between a man and a man and sharing needles or syringes. 7% weren't able to identify any correct transmission routes at all.

**9. True or false: Pre-exposure prophylaxis, or PrEP, can prevent HIV transmission even when a condom isn't used.**

*Answer: True. If used correctly, PrEP is effective against preventing HIV. However, it does not prevent against other STIs or pregnancy.*

**More info:** A person can take Pre-Exposure Prophylaxis, or PrEP, to prevent themselves from acquiring HIV. PrEP is a medication which is highly effective at preventing HIV transmission, when used as directed. PrEP is not yet routinely available on the NHS but some people can access it via the IMPACT trial or buy it online.

**10. Which was the first UK country to make PrEP available on the NHS?**

*Answer: Scotland*

**11. People living with HIV who are on effective treatment can't pass the virus on, even if they have condomless sex. This is because the virus is lowered to what we call an 'undetectable level'. The term we use for this is U = U. Undetectable = untransmissible.**

**What proportion of people on HIV treatment in the UK can't pass the virus on?**

- a) 55%
- b) 78%
- c) 97%

*Answer: 97%*

**12. How often should you get tested for HIV if you are sexually active?**

- a) At least once a year
- b) Every four weeks
- c) You don't need to test for HIV unless you're at high-risk

*Answer: At least once a year.*

More info: Getting tested regularly for HIV is the only way to be sure of your HIV status. Although some people may be at greater risk of acquiring HIV, anyone can acquire HIV if they are sexually active. If you do acquire HIV, getting regularly tested means you will know about this sooner rather than later, and you will be able to start treatment as early as possible.

**13. What are the benefits of HIV treatment?**

- a) It prevents sickness and gives you a normal life expectancy
- b) It suppresses the virus so that you can't pass it on
- c) Both of the above

*Answer: Both of the above*

More info: HIV treatment is extremely effective and an HIV positive person on treatment can now lead a full and active life and has a normal life expectancy. HIV treatment also has preventive benefits. It reduces the level of HIV in the body to what is clinically referred to as an 'undetectable viral load' (this normally takes around six months from starting treatment). If someone's viral load is undetectable, that means that they cannot pass on HIV, even when having sex without condoms.

**14. In which year did NAT (National AIDS Trust) win a legal challenge against NHS England as part of their battle to make the HIV prevention pill PrEP available on the NHS?**

*Answer: 2016.*

**More info:** NHS England said that it could not fund the HIV prevention drug PrEP, because legally the NHS could not fund prevention. In 2016 NAT won a Judicial Review against this claim and then won again when NHS England appealed the decision. Shortly after, NHS England announced the commencement of the PrEP IMPACT Trial which made PrEP available on the NHS in England for the first time.

**15. True or false: There are some people who acquire HIV but manage to live well for decades without needing treatment.**

*Answer: True. While the vast majority of people living with HIV need to take treatment daily, to avoid significant deterioration of their health, a very rare group of people, called 'elite controllers',*

*experience such slow progression of HIV that their HIV viral load remains low, even without treatment.*

More info: Most people who are living with HIV and do not access treatment will develop HIV-related illness within 5-10 years and will eventually be diagnosed with AIDS. Elite controllers are very rare and very interesting to HIV researchers, especially those who are trying to develop a cure for HIV.

**16. How long after exposure to HIV does it take for a HIV test detect the virus in your blood?**

*Answer: 4 weeks.*

**More info:** 4th generation HIV tests can detect HIV 4 weeks after transmission. These tests are blood tests and are available through sexual health clinics and other medical settings.

**17. According to a 2015 study of people living with HIV in the UK, what proportion had experienced people gossiping about their HIV positive status in the past year?**

- a) 6%
- b) 10%
- c) 19%
- d) 33%

*Answer: 19%*

**More info:** The HIV Stigma Index 2015 study involved over 1,500 people living with HIV in the UK and surveyed them about their experience of HIV-related stigma. Nineteen percent said they had experienced gossiping about their HIV in the past year and one in five had experienced harassment or verbal threats.

**18. In what year did a sitting member of UK Parliament first talk publicly about living with HIV?**

*Answer: 2018*

**More info:** Lloyd Russell-Moyle, the MP for Brighton, is the first sitting MP to talk about living with HIV in the Commons. He made his announcement on November 29th 2018, on the run up to World AIDS Day. In 2005 Lord Chris Smith, a former MP and Cabinet Member, talked about his HIV status. But he was not an MP at the time.

**19. In 2009, which world leader removed a travel ban that prevented people living with HIV from entering the country they governed?**

*Answer: Barack Obama*

**More info:** In 2010 the US finally revoked its so-called 'HIV travel-ban' which prevented people living with HIV from entering the country. There are still 9 countries known to have entry bars for people living with HIV, including United Arab Emirates (UAE), Jordan and Russia, and many more with restrictions or unclear laws.

