

## QUESTION

What are antiretroviral medicines?

Antiretroviral medicines (ARVs) are given to people who have HIV, and a low CD4 count (CD4 cells are the cells in the body that fight illness and keep us healthy). ARVs help you fight the virus and live longer

## ANSWER



# QUIZ CARDS

## QUESTION

How do antiretroviral medicines work?

They make HIV lose power to multiply. This helps your immune system stay strong and keeps you healthy.

## ANSWER



# QUIZ CARDS

## QUESTION

What do the initials  
'ART' stand for?

Antiretroviral therapy. This includes taking antiretroviral medicines and practising positive living (good nutrition, practising safe sex, exercising and being part of a support group).

## ANSWER



# QUIZ CARDS

## QUESTION

Is HIV the same as  
AIDS?

HIV is not the same as AIDS. Having HIV does not mean someone has AIDS. People living with HIV can live normal and healthy lives. When someone has AIDS they are now very sick and HIV levels in their blood have become very high.

## ANSWER



# QUIZ CARDS



## QUESTION

When should young people start ART?

If you were born with HIV then you will be given ARVs when you are a baby. You should take this for life. If you discover you have HIV as a child or adolescent your doctor or health care worker will assist you to get ARVs as soon as you are ready.

## ANSWER



# QUIZ CARDS

## QUESTION

What is a CD4 count?

A CD4 count is a test that counts the CD4 cells in your blood. CD4 cells are cells in the body that help fight disease and keep our immune systems healthy. So the CD4 count shows how well the immune system is working.

## ANSWER



# QUIZ CARDS

## QUESTION

Which of these is true?

- a. ART completely removes the risk of infecting others with HIV.
- b. ART cures HIV.
- c. ART prolongs and improves the quality of life of a person living with HIV.

c. ART prolongs and improves the quality of life of a person living with HIV.

**ANSWER**



# QUIZ CARDS

## QUESTION

Name 3 good things about starting ART.

- Possible answers:-
- ARVs strengthen the immune system; a strong immune system means improved health, energy and strength.
  - ARVs decreases a person's risk of getting opportunistic infections; fewer opportunistic infections mean a longer and better life.
  - ARVs can lift your spirits by giving you hope for the future.
  - ARVs will help you become an active and useful member of your family, school and community again.

## ANSWER



# QUIZ CARDS



## QUESTION

Name 3 common side effects of ARVs.

- nausea
- vomiting
- diarrhoea
- stomach pain
- headache
- tiredness
- skin rash
- loss of appetite

Possible answers:-

## ANSWER



# QUIZ CARDS

## QUESTION

What is the term for taking ARVs in the right way?

Adherence.

ANSWER



# QUIZ CARDS

## QUESTION

What can be done if someone thinks they have recently been at risk of infection with HIV?

- They can take ART within the first 36-72 hours after exposure, as post-exposure prophylaxis (PEP), to prevent HIV infection.
- They must go for an HIV test, then get another test in 3 months, and again in 6 months.

## ANSWER



# QUIZ CARDS

## QUESTION

Name 3 things that a treatment buddy can do to help someone on ART.

- Support them to accept their status, and encourage them to stay on their medicines, even when they are feeling ill.
- 'Knowledge is Power'; Help them and their family find accurate information about HIV and treatment.
- Be a good listener and keep their secrets.
- Support them when they're not feeling well.
- Help them to remember to take their medicine on time.
- Help them to remember to eat the right foods.
- Help them to think positively
- Help them to take their medicines correctly.

Possible answers:-

## ANSWER



# QUIZ CARDS



## QUESTION

Why is food so important when a person is taking ARVs?

- Young people are still growing and need enough good, nutritious food to grow well and develop their immune systems to fight infections.
- Young people living infected with HIV need more energy because their bodies are fighting the virus.
- Good nutrition increases the body's ability to handle ARVs, and helps ARVs to work better.

## ANSWER



# QUIZ CARDS

## QUESTION

How can a pregnant mother prevent passing the virus to her baby?

- Possible answers:-
- By booking early and getting vitamin and nutritional supplements
  - By getting tested for HIV early on in her pregnancy (or before getting pregnant)
  - By learning more about HIV and getting prevention of mother-child transmission (PMTCT) services. PMTCT services include treatment for both the mother and her baby to prevent the baby being infected with HIV.
  - By always using condoms correctly and consistently during pregnancy and breastfeeding to avoid HIV infection or re-infection
  - By caring for her health and eating well throughout her pregnancy.
  - By getting medical care throughout her pregnancy and giving birth in a health facility.
  - PMTCT services will tell her how to breastfeed so that her baby does not get infected with HIV during breastfeeding.

## ANSWER



# QUIZ CARDS

## QUESTION

What does it mean to live positively?

Living positively means living with HIV in a healthy way, keeping your body, mind and heart healthy, as well as having a positive attitude. This helps a person live fully, as long as possible.

## ANSWER



# QUIZ CARDS

## QUESTION

What is sexual and reproductive health?

Your sexual reproductive health is about your ability to enjoy a healthy, safe and satisfying relationship. It is about making your own decisions for enjoying life. This includes who you have relationships with, and planning if and when to have children, delaying pregnancy until you are older as well as preventing and treating any sexually transmitted infections (STIs), including infection and reinfection with HIV.

## ANSWER



# QUIZ CARDS



## QUESTION

Can I still have children in the future if I am HIV positive?

Prevention of mother-to-child transmission (PMTCT) programmes help HIV positive women reduce the risk of transmission of HIV to their babies. There is still a risk but careful planning and support from health care workers can keep mothers, fathers and babies safer.

## ANSWER



# QUIZ CARDS

## QUESTION

What is safer sex?

Safer sex involves, using a condom correctly every time, being faithful to one partner, knowing your HIV status, not having full sex (kissing and cuddling, mutual masturbation and thigh sex) and getting tested regularly (and treated) for sexually transmitted infections.

## ANSWER



# QUIZ CARDS

## QUESTION

How can I prevent pregnancy if I am sexually active?

Condoms help prevent pregnancy, STIs and HIV but they are not 100% guaranteed. Young women should use another recommended family planning method, such as the pill as well as condoms, dual protection;

## ANSWER



# QUIZ CARDS

## QUESTION

What is sexuality?

Sexuality is how people experience and express themselves as sexual beings, within the concepts of biological sex, gender identity and sexual, attractions and practices. Culture and religion have a huge impact on how individuals see themselves as sexual beings, especially within relations of power.

ANSWER



# QUIZ CARDS