

**HIV STIGMA:  
NOT RETRO,  
JUST WRONG**



## Quiz round: World AIDS Day

### 1) What do HIV and AIDS stand for?

**Answer:** HIV stands for human immunodeficiency virus. AIDS stands for Acquired Immunity Deficiency Syndrome.

**More info:** HIV is a virus which can lead to AIDS, if not treated. In the UK, someone may be diagnosed with AIDS if they have HIV and also develop one of a range of 'AIDS-defining' illnesses, because of the impact HIV has had on their immune system.

### 2) According to Public Health England, how many people in the UK were living with HIV in 2014? (Including people who are not yet diagnosed.)

- A. 37,000
- B. 78,000
- C. 82,000
- D. 103,000

**Answer:** According to Public Health England, in 2014 there were over 103,000 people living with HIV in the UK. This includes 85,000 people with diagnosed HIV, who are getting specialist care, but also an estimated 18,000 who are not yet diagnosed.

**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.

### 3) 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.

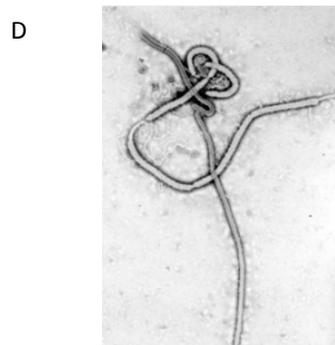
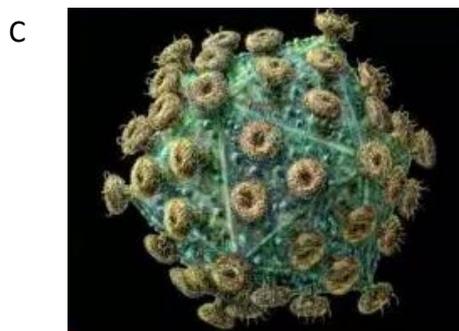
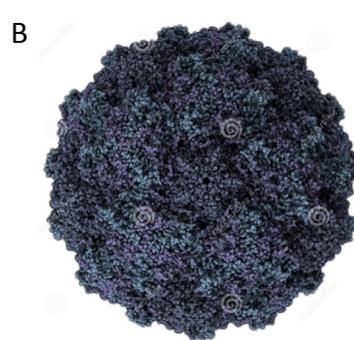
### 4) What proportion of people diagnosed with HIV in 2014 were age 45 or over?

- A. 12%
- B. 20%
- C. 30%
- D. 40%

**Answer:** 30%.

**More info:** The proportion of people acquiring HIV over the age of 45 has increased from 16% in 2005 to 30% in 2014. 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.

**5) Picture round: Which of the following images is the HIV virus?**



**Answer:** c.

a = the varicella zoster virus – which causes chicken pox

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

d = 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, the cells that co-ordinate the immune system's fight against infection.

**6) 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.

**7) 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, 1,915 people who were accessing HIV care in 2014 had acquired their infection through sharing needles, syringes and other injecting equipment. This represents just over 2% of the 85,600 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 and, compared to other countries, quite low.

HIV infection as a result of sharing injecting equipment is usually associated with people who use drugs such as heroin. However, there is also increasing evidence of HIV acquisition among people who use performance and image-enhancing drugs, such as steroids. The bottom line is, sharing any sort of injecting equipment is a potential HIV risk.

**8) 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. 19% said they had experienced gossiping about their HIV in the past year. 1 in 5 had experienced harassment or verbal threats. This World AIDS Day, NAT is calling on everyone in the UK to take a stand against HIV stigma.

**9) True or false: Pre-exposure prophylaxis, or PrEP, prevents 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:** PrEP is when someone who is HIV negative takes anti-retroviral drugs either daily, or for a set number of days pre- and post-exposure, to prevent HIV transmission. PrEP is not yet available on the NHS. However, some people access it online or via private clinics. NAT recommends using condoms alongside PrEP, to prevent against acquiring other STIs and pregnancy.

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

**(Bonus point if you can name the MP)**

**Answer:** 2005. Bonus point for Chris Smith MP.

**More information:** In 2005, Chris Smith MP (now Baron Smith of Findlay), decided to talk publicly about his experience of living with HIV. In the most recent 2015 General Election, three prospective parliamentary candidates spoke publicly about living with HIV as part of their campaign interviews.