

How Do You Score

- 1 Fact
- 2 Nonsense – there can be high HIV infection risk in a relationship if one partner was infected before that relationship or in a sexual relation outside the relationship.
- 3 Nonsense – HIV infection rates in young women are high and infection rates in men above 25 years of age are also high – both among the married and unmarried.
- 4 Fact
- 5 Fact
- 6 Nonsense - HIV is present in the blood of an infected person
- 7 Nonsense - HIV can be passed from an infected mother to her unborn baby
- 8 Fact
- 9 Nonsense - There is no cure for AIDS
- 10 Fact
- 11 Fact
- 12 Nonsense - You cannot get HIV by sharing a toilet seat with an HIV infected person
- 13 Fact
- 14 Fact – HIV prevalence in men above 30 years is 6 times higher than in men younger than 24 years
- 15 Fact

- 16 Nonsense - HIV cannot be contracted by simply touching an infected person
- 17 Fact
- 18 Nonsense - There is no cure for AIDS. This belief is very dangerous
- 19 Fact
- 20 Fact – for couples it is considered useful to go for testing together
- 21 Fact
- 22 Fact
- 23 Fact
- 24 Nonsense - Some STDs do not have symptoms
- 25 Nonsense. Mosquitoes do not spread HIV; It is spread through sex with an infected person, when infected blood enters the bloodstream or from an infected pregnant woman to her child during pregnancy, delivery or breastfeeding.
- 26 Nonsense – in 1 out of 7 couples in Zimbabwe one partner is HIV positive and the other HIV negative. In 1 out of 7 couples both partners are HIV positive. Therefore condom use in marriage is an important way to prevent HIV transmission. Most couples in Zimbabwe do not know their HIV status yet. All couples can reduce their HIV risk by using condoms consistently during the window period of 3 months, going for an HIV test and then remaining faithful to each other.

HIV and AIDS Facts or Nonsense

Let's Face it!

Read the following statements and place a tick in the Fact or Nonsense box. Match your answers against the score sheet on the back page. What was your score?

- 0-7 correct = Check your facts again and look for further information
- 8-13 correct = OK, you know some of the facts but you still need more information
- 14-18 correct = Good, but keep checking your facts
- 19-22 correct = Well done, keep searching about HIV and AIDS
- 23-26 correct = Excellent! Share your information with others

What we say

- 1** More young women between 15 and 24 years than young men of the same age have HIV in Zimbabwe.

- 2** Married people are safe from HIV.
It's quite safe for a man to have sex with a young woman (younger than 24 years old) and it's quite safe for a young woman to go for a married man.

- 3** A mother can pass HIV to her baby through breastfeeding.

- 5** HIV is present in the sexual fluids of an infected person.

- 6** HIV is not present in the blood of an infected person.

- 7** HIV cannot be passed from an infected mother to her baby during delivery.
Staying completely faithful to one who is also faithful to you reduces personal risk of HIV infection.

- 8**

Fact Non-sense



9 Witch doctors can cure AIDS.

10 A person with HIV infection is likely to become ill more often as time goes by.

11 Early treatment of Sexually transmitted Diseases can reduce the risk of HIV transmission.

12 The HIV virus is spread from toilet seats.

13 Unless you have had a test for HIV, you cannot know if you have HIV.

14 Young women who have sex with older men have a very high risk of getting HIV.

15 A person with HIV should not have unprotected sex.

16 It is risky to touch a person who has AIDS.

17 People who are infected with HIV can look perfectly healthy.



Fact Non-sense



18 Having sex with a virgin can cure AIDS.

19 People living with AIDS have the same right as everyone else.

20 It is possible to go for HIV testing and counselling as a couple

21 Protecting the rights of persons living with HIV and AIDS helps them to lead positive and productive lives.

22 There is no cure for AIDS.

23 Having a positive attitude and eating a healthy diet can delay AIDS.

24 STDs always have symptoms.

25 Mosquitoes and other biting insects spread HIV.

26 It is never necessary to use condoms in marriage.

Fact Non-sense