

**Answer these questions**

1. How is HIV spread?

- Having sex with someone who has HIV.
- Sharing needles, syringes or other equipment (“works”) used to prepare injection drugs with someone who has HIV.
- Transmission from mother to child.
- Using needles or syringes that have been used by people who are infected.
- Pre-chewing food for infants.
- Receiving infected blood products or transplanted organs.

2. What is the long form of HIV? **Human Immunodeficiency Virus**

3. Why is HIV dangerous? **Over time, HIV can destroy so many of your good cells that your body can't fight infections and diseases anymore. When that happens, HIV infection can lead to AIDS, the final stage of HIV infection.**

4. Define **abstinence**? **The practice or the act of not doing – in regards to this topic; it's not having sex.**

5. List three ways HIV is not spread?

- ✓ Air or water
- ✓ Insects, including mosquitoes or ticks
- ✓ Casual contact, like shaking hands, hugging or sharing dishes/drinking glasses
- ✓ Drinking fountains
- ✓ Toilet seats

**EXERCISE 2**

**True or False**

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|--|-------|
| 1. HIV virus is spread by mosquitoes.                                  | False |
| 2. There is no cure for AIDS   | True  |
| 3. HIV is the same as AIDS   | False |
| 4. Toilet seats does not increase the spread of HIV                    | True  |
| 5. Abstinence is not a reliable way to prevent the transmission of HIV | False |