

What does the 'H' in HIV stand for?	Human
What does the 'I' in HIV stand for?	Immuno deficiency
What does the 'V' in HIV stand for?	Virus
What does the immune system do?	Defends us from infection and illness
What is HIV?	A Virus that attacks the immune system
How is HIV mainly spread? (if the answers to this question will be printed on separate cards, this card can say that they need to find two separate answers/"partners")	By having unprotected sex with someone who is infected  By sharing needles/syringes or other equipment used to inject drugs
What does the 'A' in AIDS stand for?	Acquired
What does the 'I' in AIDS stand for?	Immune
What does the 'D' in AIDS stand for?	Deficiency
What does the 'S' in AIDS stand for?	Syndrome
What are the 6 body fluids that can transmit HIV from an infected person?	Blood, breast milk, vaginal fluids, pre-semen/pre-cum, semen, anal mucus
How does HIV transmission occur?	An infected body fluid must come into contact with a mucous membrane or damaged tissue or be directly injected into your blood stream

Which type of cell does HIV attack in the body?	A white blood cell known as the CD4 cell aka T cell/Helper T cell
What is AIDS?	The later stage of HIV infection; When a person gets certain infections or cancers that most people with a healthy immune system wouldn't get; When a person's CD4 count in a blood test is less than 200.
What are the first symptoms of HIV infection?	Flu-like symptoms such as fever, swollen glands, sore throat, fatigue, headache, muscle/joint aches
When do the first symptoms of HIV infection occur?	Generally within one or two months after transmission, although they can arrive as soon as two weeks after exposure
How is HIV NOT spread?	By air or water, insects, saliva, tears, sweat, casual contact, drinking fountains, toilet seats
What treatment can slow down the progress of HIV infection?	Different types of drugs called ART (antiretroviral therapy)
What are signs that HIV is turning into AIDS?	Fever that won't go away, shortness of breath, diarrhea that won't go away, sweating while sleeping, constant fatigue, losing weight, swollen glands in neck/groin/underarms, yeast infections in mouth
What is PrEP (Pre-exposure prophylaxis)?	A daily medicine taken by people who are at very high risk for HIV

What is PEP (Post-exposure prophylaxis)?	Antiretroviral medicines taken by people who may have potentially been exposed to HIV to prevent becoming infected
How often should PrEP be taken?	Once daily
How often should PEP be taken?	Once or twice daily for 28 days.
How soon should a person start PEP?	Within 72 hours after a possible exposure
How are HIV tests done?	By taking a sample of blood from the finger or arm or doing an oral swab