

# FREEZE PLAY<sup>®</sup> Study GUIDE

## QUESTIONS

### How much do you know about HIV?

Refer to the Freeze Play<sup>®</sup> Study Guide Answers and Workshop for each question to read and discuss the answers. Selected references provide more information to facilitate further discussions and answer specific concerns that arise among your group. Encourage active participation from all members of your group through Freeze Play<sup>®</sup>. Empower yourself and your community with the facts.

Contact us with your comments: [kidscouncil@texaschildrenshospital.org](mailto:kidscouncil@texaschildrenshospital.org).

### QUESTION for Freeze Play<sup>™</sup> Facilitator

1. What does HIV stand for?

- a. Human Immunodeficiency Virus
- b. Human Immune Virus
- c. Highly Infectious Virus
- d. Human Infectious Virus



2. What does AIDS stand for?

- a. Actual Immune Deficiency Syndrome
- b. Active Immune Deficiency Syndrome
- c. Acquired Immune Deficiency Syndrome
- d. Autoimmune Deficiency Syndrome

3. HIV can be passed (transmitted) to a person through the following:

- a. Toilet seats
- b. Blood, semen, vaginal secretions, breast milk, sharing used or unclean needles
- c. Sharing food and water
- d. Hugs

4. A mother who has HIV can prevent passing (transmitting) HIV to her baby.

- a. True
- b. False

5. A person with HIV who is healthy can pass on (transmit) HIV to another person.

- a. True
- b. False

6. HIV can be prevented.

- a. True                      b. False

7. A person can get HIV by being at the same school or workplace as someone with HIV.

- a. True                      b. False

8. Antiretroviral medications can work against HIV when they are taken as prescribed.

- a. True                      b. False

9. In the United States, HIV/AIDS has affected African American and Hispanic communities more than other ethnicities.

- a. True                      b. False

10. Confidentiality rights of persons with HIV/AIDS are protected under Texas law.

- a. True                      b. False

**BONUS Question**

The quality of life of persons infected or affected by HIV can be enhanced in several ways.

- a. True                      b. False

Name and discuss ways of having a quality life.

*Proceed to Freeze Play<sup>®</sup> Workshop now or at another session.*

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# **FREEZE PLAY<sup>®</sup> Study GUIDE**

## **ANSWERS and WORKSHOP**

### **How much do you know about HIV?**

#### **Answers to Freeze Play<sup>™</sup> Questions**

#### **1. Correct Answer a. Human Immunodeficiency Virus**

##### **Explanation**

HIV stands for Human Immunodeficiency Virus. Human Immunodeficiency Virus or HIV causes infection within the body. HIV attacks certain cells of the immune system within the body. The immune system is important in protecting the body from disease.

Persons infected with HIV can live with HIV for many years without feeling or looking sick. They may not even know they are infected, but they can still pass on (transmit) the virus to other persons.

##### **Reference**

**Glossary of HIV/AIDS-Related Terms, 4<sup>th</sup> Edition HIV/AIDS Treatment Information Service**

800-HIV-0440

<http://www.aidsinfo.nih.gov/>

#### **2. Correct Answer c. Acquired Immune Deficiency Syndrome**

##### **Explanation**

AIDS stands for Acquired Immune Deficiency Syndrome. When HIV infection becomes overwhelming for the immune system of a person who has HIV, the immune system can become weak (suppressed) and significant illnesses and/or weight loss can occur. Diseases, such as infections from other viruses, bacteria, fungus, or parasites, or cancers can occur as a result of HIV. When disease related to HIV occurs, this is AIDS.

##### **Reference**

**Glossary of HIV/AIDS-Related Terms, 4<sup>th</sup> Edition HIV/AIDS Treatment Information Service**

800-HIV-0440

<http://www.aidsinfo.nih.gov/>

**3. Correct Answer b. Blood, semen, vaginal secretions, breast milk, sharing used or unclean needles**

**Explanation**

HIV is passed (transmitted) when infected bodily fluids make contact with another persons bodily fluids.

**Reference**

**English**

<http://www.cdc.gov/hiv/pubs/facts/transmission.pdf>

<http://www.cdc.gov/hiv/pubs/facts/oralsexqa.htm>

<ftp://ftp.cdcnpin.org/Updates/oralsex.pdf>

**Spanish**

<http://www.cdc.gov/spanish/vih/pubs/facts/T.pdf>

**4. Correct Answer a. True**

**Explanation**

With adherence to early effective ARV treatment plans for HIV-infected mothers and HIV prevention therapy for their newborn, HIV infection can be prevented in babies born to HIV-infected mothers. On such a plan, risk of transmission from HIV-infected mother to her baby can be reduced to less than 1%.

**Reference**

**English**

<http://www.cdc.gov/hiv/pubs/facts/perinatl.pdf>

**Spanish**

<http://www.cdc.gov/spanish/vih/pubs/facts/span-perinatl.htm>

**5. Correct Answer a. True**

**Explanation**

Many people who have HIV are not sick and appear quite healthy. HIV can be transmitted (passed on) from anyone who has HIV to another person through the ways HIV is transmitted. HIV can be transmitted (passed on) by sex, blood and blood products, breast milk, used/contaminated needles, mother to baby, and bodily fluid to bodily fluid contact.

**Reference**

**English**

<http://www.cdc.gov/hiv/pubs/facts/women.pdf>

<http://www.cdc.gov/hiv/pubs/facts/idu.pdf>

**Spanish**

[http://www.cdc.gov/spanish/vih/pubs/facts/s\\_women.htm](http://www.cdc.gov/spanish/vih/pubs/facts/s_women.htm)

[http://www.cdc.gov/spanish/vih/pubs/facts/s\\_idu.htm](http://www.cdc.gov/spanish/vih/pubs/facts/s_idu.htm)

**6. Correct Answer b. True**

**Explanation**

HIV can be prevented by avoiding contact with any of the infectious bodily fluids or by sharing drugs.

Mother-to-infant transmission of HIV can also be prevented by identifying and treating HIV-infected mothers early and continuing prevention of HIV infection with a specific ARV treatment plan for their newborn babies.

As of August 2003, no effective cure or vaccine for AIDS exists yet. However, vaccine research remains underway and may become an important HIV prevention/intervention therapy.

People with HIV or AIDS can live a long healthy life if they take care of themselves through sticking to their prescribed medication program, empowering themselves with HIV-specific awareness and knowledge, applying effective prevention of HIV transmission, and linking to nurturing people/organizations and supportive environments.

**Reference**

<http://www.cdc.gov/hiv/pubs/facts/vaccinefact.pdf>

<http://www.cdc.gov/hiv/pubs/facts/vaccineqa.pdf>

**7. Correct Answer b. False**

**Explanation**

HIV is NOT airborne or spread by casual contact such as holding hands, hugging, sharing restrooms, coughing or sneezing.

**Reference**

**English**

<http://www.cdc.gov/hiv/pubs/facts/transmission.pdf>

**Spanish**

<http://www.cdc.gov/spanish/vih/pubs/facts/T.pdf>

**8. Correct Answer b. True**

**Explanation**

Antiretroviral (ARV) medications are designed to specifically suppress HIV in the human body. By taking ARVs as prescribed and by adhering to a comprehensive health plan, the opportunity for HIV suppression exists.

Currently we are without a cure for HIV. At this time, HIV is a life-long infection. However, by sticking to the ARV plan, effective therapies can significantly reduce viral load, restore immunity, and prevent illnesses.

**Reference**

[www.hivatis.org](http://www.hivatis.org)

**9. Correct Answer a. True**

**Explanation**

In the United States, fewer than one-third of the population are African American and Hispanic, yet over two-thirds of HIV-infected persons are African American and Hispanic. The fastest growing populations with HIV are youth, ethnic minorities (especially women), and those in southern United States, including Texas. Such disparities in the distribution of HIV/AIDS are alarming and can be prevented.

In the United States and worldwide, ethnic minority and low-socioeconomic populations with HIV/AIDS and at-risk of HIV/AIDS suffer from limited access to resources.

HIV/AIDS is a worldwide issue. Everyone deserves to know the facts and to have available to them effective HIV prevention and intervention plans.

You can make a difference by eliminating myths about HIV and by teaching and applying the facts for a healthy life for yourself, your family, and for your community.

**Reference**

### **United States HIV Epidemiology**

<http://www.cdc.gov/hiv/pubs/facts/jobcorps.pdf>

<http://www.cdc.gov/nchstp/od/news/At-a-Glance.pdf>

<http://www.cdc.gov/hiv/pubs/Facts/afam.pdf>

### **Thailand HIV Epidemiology**

<http://www.cdc.gov/nchstp/od/gap/countries/thailand.htm>

### **South Africa HIV Epidemiology**

[http://www.cdc.gov/nchstp/od/gap/countries/south\\_africa.htm](http://www.cdc.gov/nchstp/od/gap/countries/south_africa.htm)

### **UNAIDS slides – World HIV data at a glance**

<http://www.unaids.org/en/resources/epidemiology/epidemicupdateslides.asp>

## **10. Correct Answer a. True**

### **Explanation**

Texas law protects the confidentiality of people with HIV/AIDS. Employees are not required to reveal their HIV status to employers. All medical information that an HIV-infected employee provides to medical or management personnel is confidential and private. Employers may not reveal this information without the employee's knowledge and written consent, except as provided by law (HSC 81.103, "Confidentiality; Criminal Penalty").

### **Reference**

<http://www.tdh.state.tx.us/hivstd/policy/pdf/020006.pdf>

## **BONUS. Correct Answer a. True**

Link to Freeze Play™ Workshop at this time or at another session. Identify references and resources in your community and list them here. Such resources are advocates who know and apply HIV facts and are supportive. Examples can be colleagues, friends, family members, community organizations, faith-based resources, workplace or school-based resources, evidence-based websites, books, persons, other.

### **Reference**

Blair Justice, Different Kind of Health: Finding Well-Being Despite Illness

### **Additional References**

- **For you and your Community**

Centers for Disease Control and Prevention National STD and AIDS Hotlines  
800-342-AIDS (Spanish 800-344-SIDA)

- **For Health Care Providers**

## **FREEZE PLAY<sup>®</sup> WORKSHOP**

### **Topics for group discussion**

**Select one or more of the following topics for further group discussion within the context of HIV and quality of life.**

- a. Have the group participants name and discuss ways in which persons can enhance their quality of life.
- b. Identify advocacy, support, and networking resources in your community. How would you and your community members utilize these resources to better understand about and cope with HIV?
- c. Discuss ways in which group participants can educate themselves, family members, friends, and the community about HIV.
- d. Identify ways you can get rid of myths about HIV in your community.
- e. Discuss how you can make a valuable difference in your life and for the lives of others.



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