

# USING THE HIV/AIDS FACT BOOK: SEARCH FOR ANSWERS\*

## ▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 35 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
  - Understand the design of the Fact Book.
  - Use the Fact Book.
  - Provide a brief overview of HIV/AIDS facts.
- ★ **Training Methods:** Small Group Exercise, Large Group Discussion
- ✓ **In This Activity You Will...**
  - Instruct on use of the American Red Cross Fact Book (5 minutes).
  - Divide into 4 groups, give instructions and lead activity to encourage participation (15 minutes).
  - Lead group discussion to summarize (15 minutes).
- ✂ **Materials:**
  - American Red Cross HIV/AIDS Fact Book-To order, visit <http://www2.redcross.org/services/hss/hivaids/facts.html>
  - Handout – Search for Answers
  - Answer Key – Search for Answers
  - Small prize or prizes (optional)
  - Pencils and/or pens
- 🔪 **Preparation:**
  - Print handouts.
  - Obtain small prizes (optional).

## Instructions

1. Hand out an American Red Cross HIV/AIDS Fact Book to each participant.
2. Point out that we all hear and read stories about HIV and AIDS that include incorrect information and personal opinions. In this exercise, participants will learn how to use the Fact Book as a tool to find out whether what they hear and read is factual.
3. Tell participants that this exercise has two parts. First, they will learn how to use the Fact Book by doing an activity called “Search for Answers.” Second, once they have learned to use the Fact Book, they will be able to look up statements on the “I Don’t Know” column on the newsprint. (Note: if participants were able to correctly identify all the items in the “True or False?” exercise, they will not need to look up the statements.)
4. Briefly review the format of the Fact Book and explain what information they will find on each of the following pages:

Page	
v	Questions About HIV and AIDS
1	Introduction
5	Key to Using the Fact Book
329	Glossary
347	Bibliography
375	Supplemental Materials

5. Next, explain the difference between the “Basic” and “Detailed” answers to questions.
  - The “Basic” answers the question in a simple, straightforward way.
  - The “Detailed” answer provides more background information for the answer, including an overview of research that supports the “Basic” answer.

\* This module comes from the Missouri People to People Training Manual, 2008.

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6. Ask a volunteer to select one question about HIV or AIDS. Show participants how to look up the answer to that question in the table of contents (pp. v xiv) of the Fact Book, and how to find the answer in the Fact Book.
  7. Now, distribute the Activity Sheet: “Search for Answers” and go over its instructions.
  8. Assign participants to work either individually or in pairs on this exercise. Ask half of the participants to start with the first exercise question and work through the questions in order. Assign the rest of the participants to begin with the last exercise question and work through the questions in reverse order.
  9. Give participants 10 15 minutes to find answers to the questions.
  10. When participants have finished answering the questions on the activity sheet, ask them to take turns reading questions and answers from their sheets until you have covered all of the questions.
- Any information that volunteers have identified as being new to them.

## Summary

- The American Red Cross HIV/AIDS Fact Book is a valuable resource tool that participants will use to learn more about HIV/AIDS and to clarify misperceptions they may have heard or read. This exercise is designed to ensure that participants can quickly become familiar with the Fact Book and know how to use it.
- Answer any further questions from participants.
- Wrap up session.

## Discussion

Using the Answer Key provided, answer any questions from participants about information covered during the “Search for Answers” exercise. Ask volunteers to identify new information they learned during this exercise.

Draw attention to the instructional posters displayed in the room. Point out posters that cover the following:

- Basic HIV transmission and prevention information.

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## SESSION HANDOUT

### SEARCH FOR ANSWERS ACTIVITY

Find the “Basic” answers to the following questions using the American Red Cross HIV/AIDS Fact Book. Write the page number(s) where you found the answer and take notes if you like. We will review the answers as a group.

	Page #
1. What is the immune system and why is it important?	_____
2. What is an opportunistic infection?	_____
3. What is the connection between Hepatitis C and HIV?	_____
4. What kinds of services do families who are coping with HIV/AIDS need?	_____
5. How does HIV/AIDS in babies and children differ from HIV/AIDS in adults?	_____
6. Can a doctor notify a patient’s spouse if that patient tests positive for HIV/AIDS?	_____
7. Are there laws protecting people with HIV/AIDS from discrimination?	_____
8. Does everybody with HIV get AIDS?	_____
9. Why are sexually transmitted diseases associated with getting HIV/AIDS?	_____
10. If I am HIV-positive or have AIDS, whom should I tell?	_____

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## SESSION ANSWER KEY

### SEARCH FOR ANSWERS- ANSWER KEY

Fact Book page numbers are listed in the left margin.

**Page Question/Answer**

**15 What is the Immune System? Why is it important?**

The immune system is a collection of cells and substances, including white blood cells, T cells and antibodies, which act as the body's defense against germs and other infections that make people sick. Antibodies are substances that form in the blood when germs enter the body. Antibodies usually defend against illnesses and infections, although HIV antibodies do not always protect against HIV infection.

**27 What is an opportunistic infection?**

An opportunistic infection is an illness that occurs only when someone's immune system is not working normally. When the body is in a weakened state, germs can invade the body and multiply.

**33 What is the connection between Hepatitis C and HIV?**

Hepatitis C is a liver disease caused by the hepatitis C virus (HCV). The virus spreads from an uninfected person or from an infected mother to her baby during birth. People at risk for HCV may also be at risk for contracting HIV because both viruses are transmitted in similar ways. About 80 percent of people with HCV do not have symptoms.

**304 What kinds of services do families who are coping with HIV or AIDS need?**

Families living with HIV (the virus that causes AIDS) need ready access to a wide range of medical and social services, such as those offered in community clinics. Services must also be available to serve ethnically diverse populations.

**277 How does HIV/AIDS in babies and children differ from HIV/AIDS in adults?**

AIDS (a result of HIV infection) is caused by a virus (HIV). Babies and children who have the virus are more likely than HIV-positive adults to get bacterial infections. Many babies and children with HIV have problems growing and gaining weight and may experience damage to the nervous system that causes developmental difficulties.

**295 Can a doctor notify a patient's spouse if that patient tests positive for HIV/AIDS?**

When patients test positive for HIV (the virus that causes AIDS), doctors may encourage them to tell their sex or needle-sharing partners. If patients who have HIV do not let their partners know about their possible risks, even after being counseled to do so, doctors themselves can notify partners, using confidential procedures in good faith. Over half the states have specific laws that make it a crime for knowingly exposing or transmitting HIV to others.

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## SESSION ANSWER KEY (cont.)

### SEARCH FOR ANSWERS-ANSWER KEY (CONT.)

- 141 Are there laws protecting people with HIV/AIDS from discrimination?**  
Yes. The Americans with Disabilities Act (ADA) of 1990 protects people with disabilities (including HIV infection) from discrimination in the workplace and in public accommodations solely on the basis of their disabilities. Other laws give some protection from discrimination in certain areas. However, no laws completely protect HIV-positive people and their families from discrimination.
- 17 Does everybody with HIV get AIDS?**  
Since 1992, scientists have estimated that about half the people who have HIV will develop AIDS within 10 years of being infected if they do not receive treatment. However, protease inhibitors, used in combination with other antiviral drugs, can suppress the ability of HIV to replicate. These treatments can extend and improve the quality of life for many people with HIV.
- 51 Why are sexually transmitted diseases associated with getting HIV/AIDS?**  
AIDS is a result of HIV infection. Sexually transmitted diseases (STDs) that cause genital sores may make it easier for HIV to enter the body and cause infection. Other STDs produce inflammation, which also may increase the chances of HIV infection. Using a latex (or polyurethane if allergic to latex) condom consistently and correctly during sex greatly reduces the risk of HIV transmission, as well as some other STDs.
- 197 If I am HIV+ or have AIDS, whom should I tell?**  
It is not easy for people who have HIV to tell others. Sex or needle-sharing partners (past, present and future) need to know that they are at risk for HIV infection. Over half of the states have specific laws that make it a crime for knowingly exposing or transmitting HIV to others. People with HIV may choose to also tell their doctors, dentists, dental hygienists or anyone who may come into contact with their blood, semen, vaginal fluid or breast milk.