

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Family Life and Health

Read the following passage and answer the questions.

### HIV and AIDS

HIV is a virus which stands for (Human Immune-deficiency Virus). When this virus attacks the immune system, it makes it weak and unable to protect against infections and diseases.

HIV is different from most of the other communicable diseases because it is an STI and requires contact with body fluids such as blood, saliva, urine, etc. It has no cure or vaccine to prevent it.

#### Transmission of HIV:

HIV is carried by body fluids such as blood, semen, vaginal fluids and breast milk of an infected person. It is generally passed on through:

- Unprotected sexual intercourse;
- Blood transfusion / Sharing needles;
- An infected woman to her baby during birth, or through breastfeeding

#### Non-transmission of HIV:

The HIV virus does not pass through the air. You cannot get it from being in the same room with an infected person.

You cannot get it by touching or hugging, sharing pencils or hairbrushes or even food.

The HIV virus causes AIDS which stands for **Acquired Immune Deficiency Syndrome**. People with AIDS die from other diseases they get such as pneumonia and cancer.

#### Prevention of HIV and AIDS:

Make choices that keep you healthy

- Abstain from sex until you are an adult or married
- Never use drugs. They impair your judgment
- Have one faithful sexual partner

#### Treatment of HIV and AIDS:

**To date, there is no cure for HIV.** Scientists have developed drugs to treat HIV infection. Drug treatment improves the survival time for patients.

#### Caring for Persons Affected by HIV and AIDS

- People who are HIV positive should be treated like everyone else, with respect and dignity.
- Get factual information about the disease.
- Show kindness, love and support for persons living with and affected by HIV and AIDS.
- Do not spread gossip or discriminate against them.

\*December is HIV and AIDS awareness month.

1. Match the acronyms.

HIV

Acquired Immune Deficiency Syndrome

AIDS

Sexual Transmitted Infection

STI

Human Immune-deficiency Virus

2. When this virus attacks the immune system it makes it \_\_\_\_\_ and \_\_\_\_\_ to protect against infections and \_\_\_\_\_.

3. HIV is an \_\_\_\_\_ which requires contact with body fluids. It has no \_\_\_\_\_ or \_\_\_\_\_ to prevent it.

4. State two ways HIV is passed from one person to another.

5. State two ways that HIV cannot be transmitted to another person.

6. Select three ways that can prevent someone from contracting HIV and AIDS:

Not traveling to other countries

Abstain from sex

Eating healthy

Never use drugs

Getting the Covid19 Vaccine

Have one faithful sexual partner

7. Those who are HIV positive should be treated with \_\_\_\_\_  
and \_\_\_\_\_.

8. Do not spread \_\_\_\_\_ about people that have contracted HIV.

9. AIDS and HIV awareness is observed in which month?

January

October

December