

DRAFT (Final 10/29/2007)

Questions & Sample Answers / ECHO-TV Show # 313-314

“HIV Aids Awareness and Prevention”

(Show Prep 10/23/07 - 5-7 pm @ TPT / Taping Show: Tuesday, 11/06/07 - 3:00-8:00 pm @ TPT)

Suggested pre-interview remarks by host to audience:

- This program is intended to provide information that will help prevent death and disability from HIV / AIDS
- Discussion about HIV-AIDS public health concern are intended for adult or mature audiences only

1. Why is this show important to talk about in our community?

Sample Answer:

- Africans and Latinos have some of the highest HIV infection rates in Minnesota
- Although SE Asians have lower documented cases compared to other communities, their rates of infection are climbing nationwide.
- With all of these communities, HIV testing rates remain low which means actual numbers of individuals living with HIV is higher than documented
- HIV-AIDS is NOT an issue about immigrant or refugee status; the increase in infection rates is due to lack of awareness and access to language appropriate information especially in cultures where discussion about sex and sexually transmitted diseases may not be encouraged

2. What is HIV and how is it spread?

Sample Answer:

- HIV (Human Immunodeficiency Virus) is the virus that may cause a disease called AIDS

- HIV is spread from person to person when fluids from blood, semen, vaginal fluids, or breast milks are passed from an infected person. HIV is not transmitted through saliva
- HIV is spread during anal, vaginal and less commonly, oral sex.
- HIV can also spread from sharing needles while injecting drugs or by reusing unsterilized tattoo or other body-piercing equipment
- HIV can be passed from an infected mother to her baby during pregnancy, childbirth or breastfeeding

3. What is AIDS and what are the symptoms of AIDS illness?

Sample Answer:

- AIDS stands for Acquired Immune Deficiency Syndrome and is the late stage of HIV infection where the immune system is weakened and cannot adequately protect the body from disease(s)
- May develop chronic weight loss, chronic yeast infection, fevers, tiredness, pneumonia, among other infections which do not usually affect people with healthy immune systems. These are symptoms of Immune Deficiency, which only a doctor can diagnose as AIDS.

4. What are some ways to people can prevent the spread of HIV?

Sample Answer:

- If people know which body fluids spread HIV, then they know how to stop it from spreading by avoiding contact with those fluids
- When used correctly, latex and polyurethane (for latex allergy prone people) condoms are highly effective in preventing the spread of HIV during sex
- Maintaining a sexual relationship with the same partner
- Make sure clean needles and equipment are used for body piercing or injections
- Remember HIV is NOT spread by kissing, sharing homes, beds, food, bathrooms or by coughs, sneezes or insects such as mosquitoes

5. Who is most at risk of getting HIV-AIDS?

Sample Answer:

- Youths are at risk for the same behaviors that put adults at risk because of a misconception or attitude that HIV doesn't affect them or they are invincible
- Youth from different cultures residing in the U.S. often experience stress and discrimination which may lead to sexual risk taking
- Individuals engaging in unprotected sex with multiple partners; often the case when traveling overseas or to their home country where HIV rates are higher
- Individuals that believe they are in a long-term monogamous relationship and don't know the status of their partner.

6. Why is HIV-AIDS such a challenging disease to prevent?

Sample Answer:

- Most people avoid talking about sex or sexually transmitted diseases due to shame, fear, religion or other beliefs, making it difficult to speak openly about HIV-AIDS
- Cultural norms (or “expectations”) is a barrier that prevent some women from empowering and protecting themselves
- HIV prevention education, testing or early treatment allows individuals to make important health decisions for themselves and their loved ones

7. What happens during HIV testing and where can I get tested?

Sample Answer:

- The HIV test is easy, affordable (sometimes free) and can be confidential or anonymous. Verification of insurance or citizenship are not required to take the test
- HIV tests look for anti-bodies (not the virus itself) and requires a small sample of blood to see if individuals test Positive or Negative for HIV blood or sample taken from your mouth.
- Some tests will give you results within minutes while others are sent to a laboratory for results
- Local and state public health agencies can help individuals find nearby clinics and resources for HIV testing
- Your results are confidential between you and your medical provider and some agencies offer HIV tests anonymously where you don't have to give your name to be tested
- By law, HIV test results from a confidential test are provided to the Minnesota Department of Health

8. How is HIV-AIDS Treated?

Sample Answer:

- We've made great advancement in treatment. There are a number of medications available that effectively help people live healthy, productive and social lives.
- Only a doctor can prescribe these treatments, there is no one treatment for all people, so HIV positive people and people diagnosed with AIDS must get treated by a doctor

9. Where can I learn more about HIV-AIDS?

Sample Answer:

- **(GUEST)** Local and state public health agencies and clinics can help you find resources and services addressing HIV-AIDS testing and treatment in your area.
- **(HOST)** Because there are many resources available, and some in multiple languages, ECHO has posted them to our web site...
www.echominnesota.org

10. Is there anything you (our guest) would like to offer on this subject?

Sample Answer:

- Our cultures share one thing in common and that is we have a responsibility to take care of our families, our communities as well as ourselves. This includes the prevention of HIV and other sexually transmitted diseases and making sure we receive the treatments we need for our good health
- HIV/AIDS education means providing people with facts so they can prevent contracting the HIV virus or giving it to others. It is about being healthy and getting tested. It's also about getting early treatment if you are infected and taking care of yourself so that you can take care of your family.