



FAQ

Q1. What is Acquired Immunodeficiency Syndrome (AIDS)?

Ans. AIDS or acquired immunodeficiency syndrome is the disease that attacks the person's immune system by the HIV or the human Immunodeficiency virus.

Q2. What are the main objectives of the National AIDS Control Programme?

Ans. The main objectives of the National AIDS Control Programme are;

1. To slow the spread of HIV
2. To decrease morbidity and mortality associated with HIV infection
3. To minimize socio- economic impact resulting from HIV infection
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Q3. Define Non-contact sports.

Ans. Non-contact sport includes many different kinds of exercise where there is no direct physical contact between participants during the normal course of the sport. For example: cycling, running, canoeing, netball, hockey, cricket, softball etc.

Q4. Define Contact sports.

Ans. Contact sports can be divided into low contact and high contact sports. A sport like boxing and wrestling would be classified as a high contact sport and soccer, hockey as a low contact sport.

Q5. What are STIs and RTIs?

Ans. The term "Sexually Transmitted Infections" (STIs) which is used in place of STDs are infections caused by germs such as bacteria, viruses or protozoa that are passed from one person to another through sexual contact. Whereas the term "RTIs" stands for "Reproductive Tract Infections". It refers to any infection of the reproductive tract in male and female.

Q6. What are HIV and AIDS?

Ans. HIV stands for Human Immunodeficiency Virus, a retrovirus transmitted from an infected person through unprotected sexual intercourse, by exchange of body fluids such as blood, or from an infected mother to her infant. AIDS stands for Acquired Immunodeficiency Syndrome. AIDS is the stage of HIV infection that develops some years after a person has been infected with HIV.

Q7. What is the difference between HIV and AIDs?

Ans. Some common possible differences may come up into the following three categories:

1. A person can be HIV-infected for years with no signs of illness and can continue a normal life, of course, always practicing prevention because he/she can infect another person.
2. A person with AIDS must deal with illness that is often severe and eventually terminal.
3. Early detection and treatment of opportunistic infections will have a positive impact on the progression of the disease.

Q8. What are the common High-Risk and vulnerable groups of STI/RTI?

Ans. Following are the common High-Risk and vulnerable groups of STI/RTI

1. Adolescent boys and girls
2. Women who have multiple partners
3. Sex workers and their clients
4. Intravenous Drug users (IDUs)
5. Men and women who have to stay away from families for long
6. Men having sex with men, including transgender individuals
7. Partners of various high-risk groups
8. Street children

Q9. What are the guidelines for counselling in HIV infection?

Ans. Following are the guidelines for counselling in HIV infection:

1. Greet the client
2. Make him/her comfortable
3. Listen carefully to his/her problems
4. Do not interrupt while he/she is talking
5. Try to elicit more information regarding his/her problem
6. Counsel over a number of sessions and be empathetic towards the client
7. Provide information on the issue for which the client has come
8. Help him/her to reach a decision
9. Time to time reassurance and follow up regarding health condition
10. Provide relevant information