

TEST YOUR SEXUAL HEALTH KNOWLEDGE

QUIZ ANSWERS



1.

A person can get HIV by sharing a glass of water with someone who has HIV.

The answer is **"false"**. You cannot get HIV through saliva. HIV needs to get into your bloodstream to infect you. Only four bodily fluids can transmit HIV: blood, semen, vaginal fluids, and breast milk.

2.

A person cannot get HIV from oral sex.

The answer is **"false"**. The risk of getting HIV from oral sex is a lot lower than vaginal or anal sex, but it's still a risk. It is especially important during oral sex that the receptive partner (the one receiving the other person's body part) is aware of any cuts or sores in their mouth as these are the places where a partner's bodily fluids have access to the bloodstream.

3.

A person can get HIV from having anal sex.

The answer is **"true"**. HIV can be spread during oral, vaginal, or anal sex. However, anal sex is the most risky. This is especially true for the receptive partner (the "bottom"). This is because the tissue inside the anal area is more delicate than the tissue inside the mouth or vagina. These delicate tissues are more susceptible to tears, which can allow the transfer of fluids from one partner to another.

4.

Having sex with more than one partner can increase a person's chance of getting an STD.

The answer is **"true"**. If you're having sex with more than one person, then your risks include the number of sex partners you currently have and the number of sex partners your current sex partners have had. The more people in your sexual network, the more likely it is that someone has an STD. Even if you only have one sexual partner, your risks are not just limited to that person; your risks also include all of your current sexual partner's partners.

5.

People who have an STD will develop clear symptoms of the infection.

The answer is **"false"**. Many STDs have no symptoms, have symptoms that are easily confused with common illnesses, or have latent symptoms that take weeks or years to show up. It's often hard for people who are infected to determine if they have an STD. The only way to know your status is to be tested.

6.

It is important to get an HIV test only if you have multiple sex partners.

The answer is **"false"**. Everyone should be tested for HIV. Everyone should know their HIV status. You should get an HIV test 3 months after potential exposure to HIV. Take a test if you are:

- i.** concerned about your status or haven't been tested before;
- ii.** pregnant or breastfeeding;
- iii.** not always using condoms;
- iv.** sharing needles and syringes.

7.

Using a condom can lower a person's chance of getting HIV.

The answer is **"true"**. Using condoms prevents the exchange of bodily fluids during sex. These bodily fluids may contain HIV or STDs. In order for condoms to be effective, they must be used correctly every single time!

8.

All types of unprotected sex carry equal risk of HIV transmission for anyone involved.

The answer is **"false"**. HIV transmission depends on a variety of factors, including whether the virus is controlled by anti-HIV medications, whether other STDs are present, whether blood or semen is present, whether the sex act is vaginal, anal, or oral, and whether it is insertive or receptive.

9.

Only the receptive partner (the one receiving the other person's body part) is at risk of being infected with HIV during sex.

The answer is **"false"**. While the receptive partner is at higher risk, body fluid is passed between both partners and both are at risk.

10.

Condoms protect against all STDs equally.

The answer is **"false"**. Consistent and correct use of latex condoms is highly effective in preventing fluid-based STDs, including chlamydia, gonorrhea, trich, and HIV. However, condoms are less effective in preventing STDs that are spread by skin-to-skin contact, such as syphilis, HPV (genital warts), and herpes.

11.

Using Vaseline or baby oil with latex condoms lowers the chance of getting HIV.

The answer is **"false"**. Oil actually causes latex to break down, increasing the chance of getting HIV. You should never use oil-based lubricants with latex condoms. Only use water-based or silicon-based lubricants with latex.

12.

HIV/AIDS is curable.

The answer is **"false"**. It is not possible to rid the body of HIV once infection has occurred. However, modern medications can control HIV extremely well, allowing someone with HIV to remain healthy indefinitely and reducing the risk of spreading HIV to others.

13.

Taking a test for HIV one week after having sex will tell a person if he or she has HIV.

The answer is **"false"**. It can take up to 3 months for a person's body to create a response to HIV strong enough to show up on a test.

WHERE CAN I GET TESTED FOR HIV & STDS?

SIOUX FALLS

City of Sioux Falls/Falls Community Health
521 N. Main Ave.
605-367-8717

SD Department of Health
1200 N. West Ave.
605-367-5363

SD Urban Indian Health
711 N. Lake Ave.
605-339-0420

Heartland Health
810 E. 23rd St.
605-322-7224 or 605-322-7258

Planned Parenthood
6511 W. 41st St.
605-361-5100

Sanford Health Midtown Clinic
401 E. 8th St., Ste. 230
605-334-5099

Avera Medical Group Health Care Clinic
300 N. Dakota Ave., Ste. 117
605-322-6800

ABERDEEN

SD Department of Health Aberdeen HIV/AIDS and STD Testing Field Office/Brown County Community Health Center
402 S. Main St.
605-626-2373

**Horizon Health Care
Aberdeen Community Health Center**
422 5th Ave. SE, St. 209
605-725-3900

BROOKINGS

SD Department of Health Brookings Family Planning/SDSU Student Health Clinic
N. Campus Dr.
605-688-6622

WATERTOWN

**SD Department of Health
Watertown Family Planning**
703 S. Broadway
605-882-1852

**SD Department of Health
Watertown HIV/AIDS & STD Testing Field Office**
2001 9th Ave. SW, Ste. 500
605-882-5097

MITCHELL

**SD Department of Health
Mitchell Area Family Planning**
1420 N. Main
605-995-8040

PIERRE

**SD Department of Health
Pierre Area Family Planning**
740 E. Sioux, Ste. 107
605-773-2538

**Pierre Urban Indian Health
1714 Abbey Rd.**
605-224-8841

VERMILLION

**SD Department of Health
Vermillion Family Planning**
15 S. Plum St.
605-638-8681

WEBSTER

**Horizon Health Care
De Smet Community Health Center**
711 W. 1st St., Ste. 109
605-345-2340

DE SMET

**SD Department of Health Webster
HIV/AIDS and STD Testing Field Office**
801 3rd St. SW
605-854-3455

HOWARD

**Horizon Health Care
Howard Community Health Center**
208 S. Main St.
605-772-4574

LAKE PRESTON

**Horizon Health Care
Lake Preston Community Health Center**
709 4th St. SE
605-847-4484

BRYANT

**Horizon Health Care
Bryant Community Health Center**
110 Main St.
605-628-2318