



APPENDIX K
Myths and Facts Activity

How to Create Myths and Fact Cards

This appendix contains samples of the “Myths and Facts” cards for the activity in Session One. These materials can be produced in a variety of ways, depending on your preferences and resources. They also can be customized to be more appropriate for your target population. See **Appendix F** for more information on customization of the cards and how they are used.

Each sheet of cards is followed by a matching set of cards that say either “Myth” or “Fact.” Prepare the cards by copying the cards two sheets at a time in order. Print the two sheets as a two-sided copy on heavy paper or card stock, so that one side has a statement about HIV transmission and the other either “Myth” or “Fact.” Repeat with each two pages. Check the cards against the key which follows the cards to make sure they are correctly printed. For durability, you may want to laminate them four to a sheet, leaving space in between the cards. Trim cards so the space around them is fairly even (approximately ½ inch).

If you wish to customize or add to the cards in this appendix, you can change the text electronically or add new text to the blank cards provided. Using the electronic version of these cards, a computer, and almost any word processing program, simply insert the cursor inside the card, and highlight any text there. Hit the delete button. Add any desired text. Adjust font size or style, if needed or desired.

A person can
get AIDS from
a toilet seat.

HIV and AIDS
are the same
thing.

HIV can be
spread by
mosquitoes.

There is a cure
for AIDS.

MYTH!

MYTH!

MYTH!

MYTH!

A person can get
HIV by having
sex with someone
who has HIV.

Coughing and
sneezing do
not spread
HIV.

HIV is killed
by bleach.

A person can get
HIV by sharing an
injection needle with
someone who has
HIV.

FACT!

FACT!

FACT!

FACT!

A person can get
HIV by shaking
hands with someone
who has HIV.

AIDS is the
cause of HIV.

Pulling out the penis
before a man
climaxes keeps a
woman from getting
HIV during sex.

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

MYTH!

MYTH!

MYTH!

MYTH!

All pregnant women
infected with HIV
will have babies
born with AIDS.

Showering or
washing one's
genitals after sex
keeps a person
from getting HIV.

Taking birth control
pills keeps a woman
from getting HIV.

Eating healthy
foods can keep a
person from getting
HIV.

MYTH!

MYTH!

MYTH!

MYTH!

People who have
been infected with
HIV quickly show
serious signs of
being infected.

Using a diaphragm
protects a woman
against HIV
infection.

There is a vaccine
that can stop adults
from getting AIDS.

There are more
cases of HIV in the
USA than in the
rest of the world.

MYTH!

MYTH!

MYTH!

MYTH!

In the USA, most cases of AIDS have resulted from sex between men and women.

Women are always tested for HIV during their pap smear.

Using a lambskin condom or rubber is the best protection against HIV.

A person cannot get HIV by having oral sex, mouth to penis, with a man who has HIV.

MYTH!

MYTH!

MYTH!

MYTH!

A person can get
HIV by giving
blood.

An undetectable
viral load means
that HIV is gone
from the body.

A woman cannot
get HIV if she has
sex during her
period.

People are likely to get
HIV by deep kissing,
putting their tongue in
their partner's mouth, if
their partner has HIV.

MYTH!

MYTH!

MYTH!

MYTH!

A person will NOT
get HIV if she or he
is taking antibiotics.

You can usually tell
if someone has HIV
by looking at them.

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

A natural skin
condom works
better against HIV
than does a latex
condom.

MYTH!

MYTH!

MYTH!

MYTH!

Outside of the USA,
most cases of AIDS have
resulted because of IV
(needle) drug use or men
having sex with men.

A person can get HIV
by sitting in a hot tub or
a swimming pool with a
person who has HIV.

If a person tests
positive for HIV,
then the test site will
have to tell all of his
or her partners.

A person can get
HIV through
contact with saliva,
tears, sweat, or
urine.

MYTH!

MYTH!

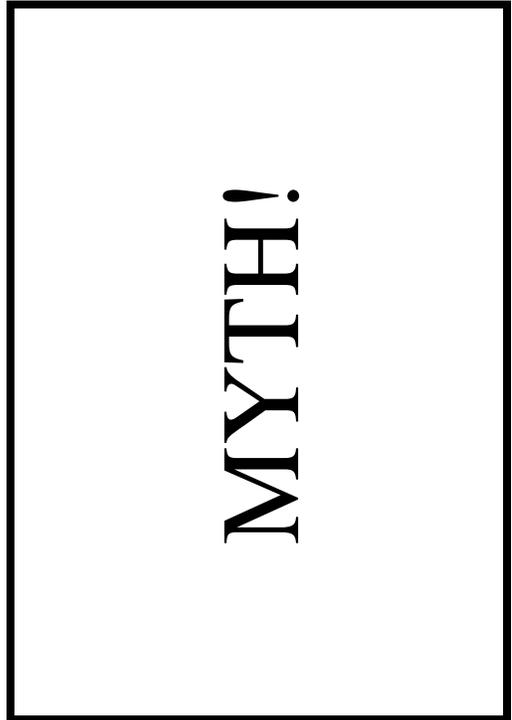
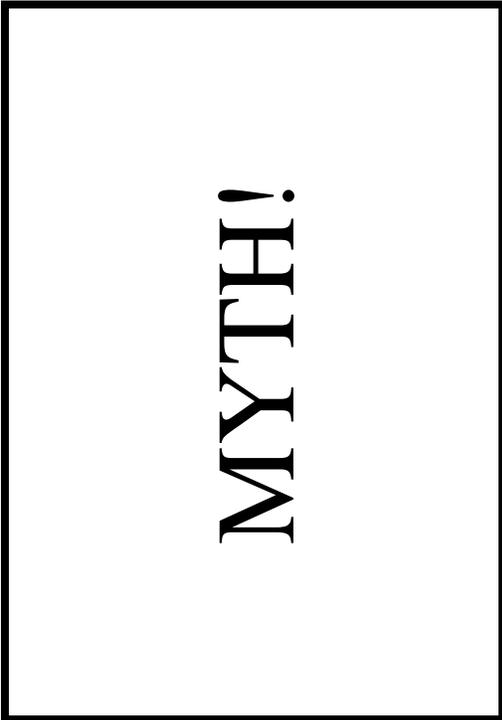
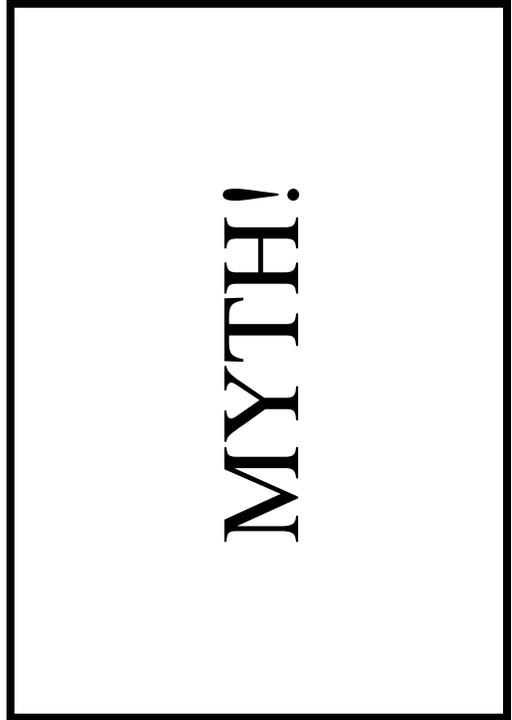
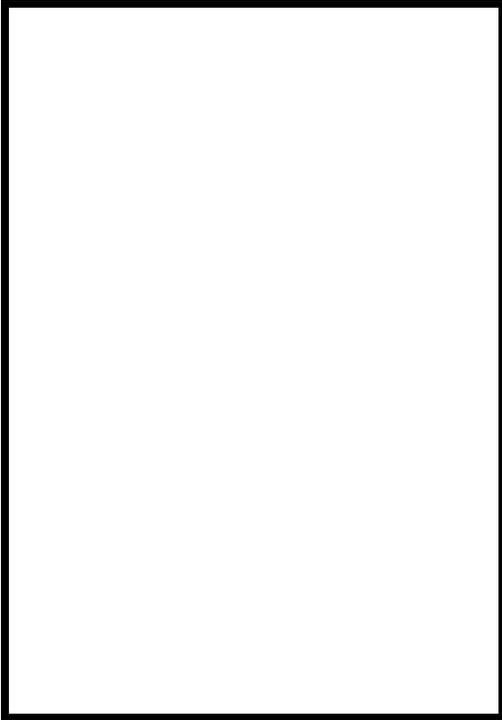
MYTH!

MYTH!

Using petroleum
jelly or baby oil
with condoms
lowers the chances
of getting HIV.

Douching after sex
will keep a woman
from getting HIV.

Taking vitamins
keeps a person from
getting HIV.



A pregnant woman
with HIV can give
the virus to her
unborn baby.

It is possible to get
HIV when a person
gets a tattoo.

A woman can get
HIV if she has anal
sex with a man who
has HIV.

A man can get HIV
if he has sex with
another man who
has HIV.

FACT!

FACT!

FACT!

FACT!

A woman can get
HIV if she has
vaginal sex with a
man who has HIV.

A man can get HIV
if he has vaginal
sex with a woman
who has HIV.

A person with
HIV can look
and feel
healthy.

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

FACT!

FACT!

FACT!

FACT!

There is a blood test
to tell if a person
has been infected
with HIV.

A person can be
infected with HIV
for 5 years or more
without getting
AIDS.

You can get HIV
even if you have
unprotected sex with
an HIV-infected
person only one time.

Some drugs have
been made for the
treatment of AIDS.

FACT!

FACT!

FACT!

FACT!

There is a female condom that can help decrease a woman's chance of getting HIV.

A mother with HIV can pass it on to her baby by breast-feeding.

Having sex with more than one partner can increase a person's chance of being infected with HIV.

Infection with HIV leads to AIDS.

FACT!

FACT!

FACT!

FACT!

Taking the AIDS drug, AZT, lowers the chance of a pregnant woman with HIV giving it to her baby.

A person can get HIV from a woman's vaginal secretions (wetness from her vagina).

A person can get HIV by having oral sex (mouth on vagina) with a woman.

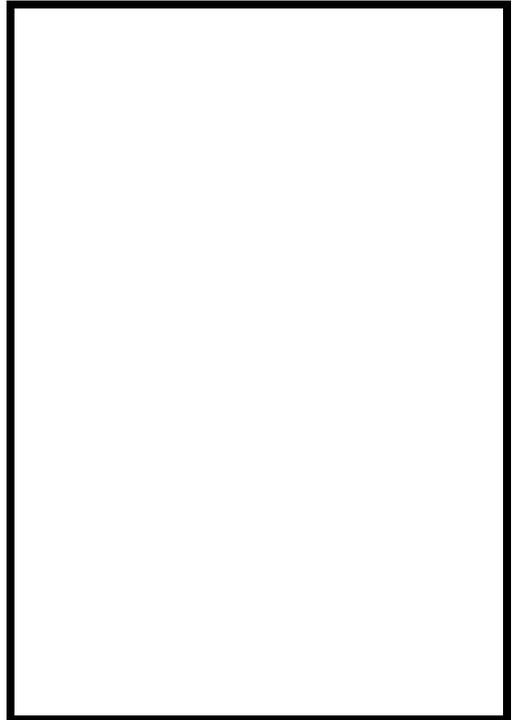
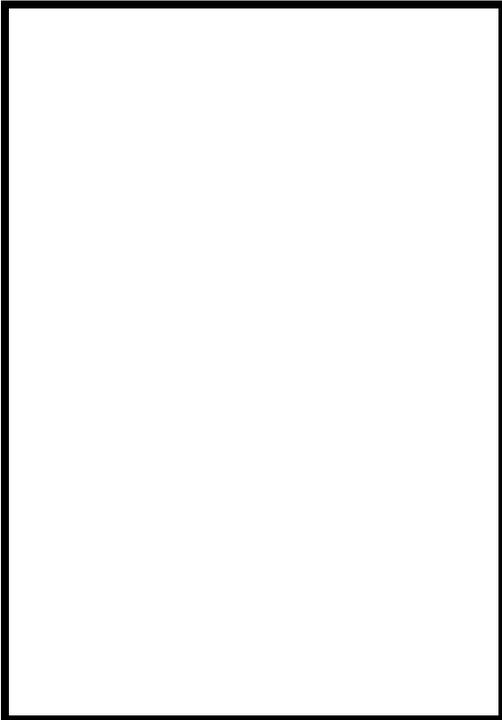
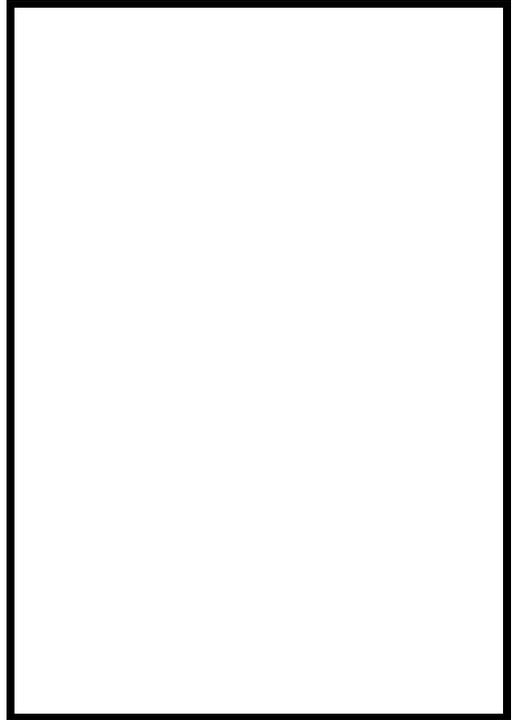
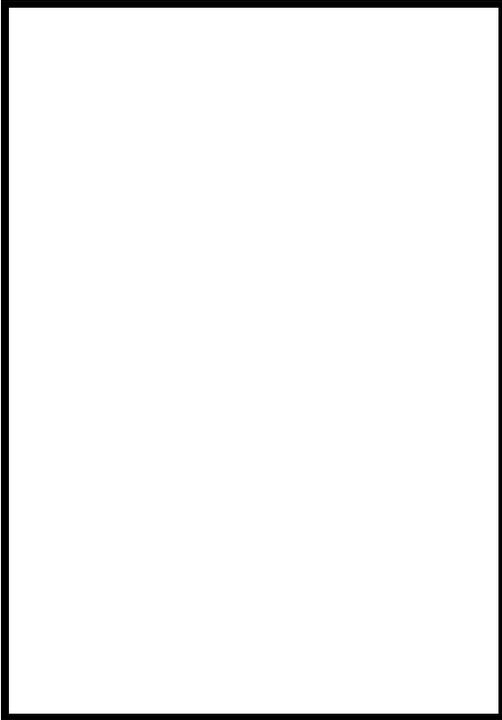
A person is more likely to get HIV if he or she has another STD (VD), such as herpes or the clap.

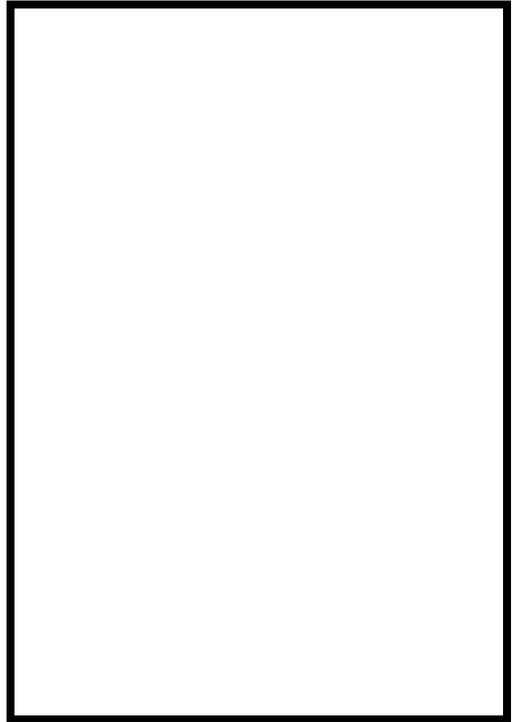
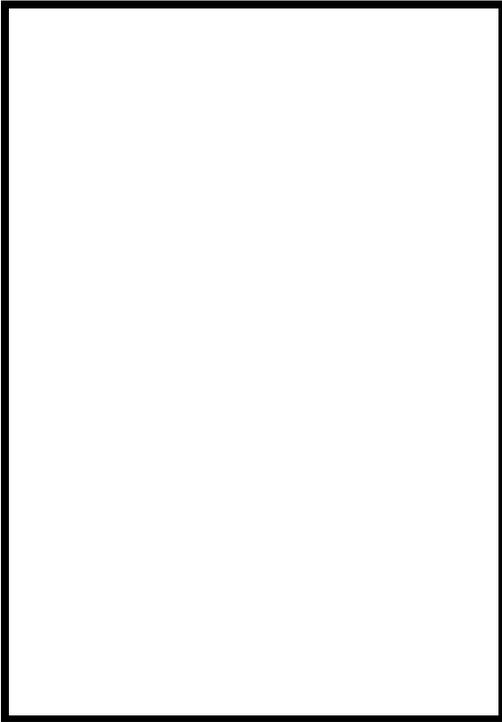
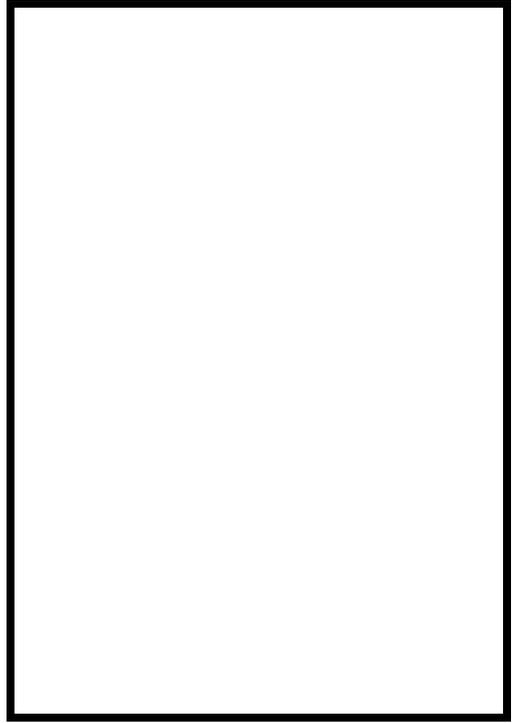
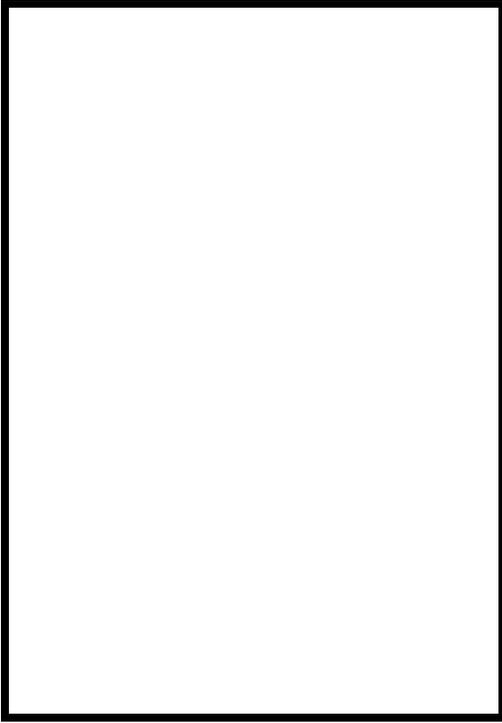
FACT!

FACT!

FACT!

FACT!





Answer Key to Myths and Facts Cards

Note: questions and answers are listed by page number.

Pages 2-3 (all Myth)

- a. HIV and AIDS are the same thing.
- b. There is a cure for AIDS.
- c. A person can get AIDS from a toilet seat.
- d. HIV can be spread by mosquitoes.

Pages 4-5 (all Fact)

- a. Coughing and sneezing do not spread HIV.
- b. A person can get HIV by sharing an injection needle with someone who has HIV.
- c. A person can get HIV by having sex with someone who has HIV.
- d. HIV is killed by bleach.

Pages 6-7 (all Myth)

- a. A person can get HIV by shaking hands with someone who has HIV.
- b. AIDS is the cause of HIV.
- c. Pulling out the penis before a man climaxes keeps a woman from getting HIV during sex.
- d. A person can get HIV by sharing a glass of water with someone who has HIV.

Pages 8-9 (all Myth)

- a. All pregnant women infected with HIV will have babies born with AIDS.
- b. Showering or washing one's genitals after sex keeps a person from getting HIV.
- c. Taking birth control pills keeps a woman from getting HIV.
- d. Eating healthy food can keep a person from getting HIV.

Pages 10-11 (all Myth)

- a. People who have been infected with HIV quickly show serious signs of being infected.
- b. Using a diaphragm protects a woman against HIV infection.
- c. There is a vaccine that can stop adults from getting AIDS.
- d. There are more cases of HIV in the USA than in the rest of the world.

Pages 12-13 (all Myth)

- a. In the USA, most cases of AIDS have resulted from sex between men and women.
- b. Women are always tested for HIV during their Pap smear.
- c. Using a lambskin condom or rubber is the best protection against HIV.
- d. A person cannot get HIV by having oral sex, mouth to penis, with a man who has HIV.

Answer Key to Myths and Facts Cards

Note: questions and answers are listed by page number.

Pages 14-15 (all Myth)

- a. A person can get HIV by giving blood.
- b. An undetectable viral load means that HIV is gone from the body.
- c. A woman cannot get HIV if she has sex during her period.
- d. People are likely to get HIV by deep kissing, putting their tongue in their partner's mouth, if their partner has HIV.

Pages 16-17 (all Myth)

- a. A person will NOT get HIV if she or he is taking antibiotics.
- b. You can usually tell if someone has HIV by looking at them.
- c. Taking a test for HIV one week after having sex will tell a person if she or he has HIV.
- d. A natural skin condom works better against HIV than does a latex condom.

Pages 18-19 (all Myth)

- a. Outside of the USA, most cases of AIDS have resulted because of IV (needle) drug use or men having sex with men.
- b. A person can get HIV by sitting in a hot tub or a swimming pool with a person who has HIV.
- c. If a person tests positive for HIV, then the test site will have to tell all of his or her partners.
- d. A person can get HIV through contact with saliva, tears, sweat, or urine.

Pages 20-21 (all Myth)

- a. Douching after sex will keep a woman from getting HIV.
- b. Using petroleum jelly or baby oil with condoms lowers the chances of getting HIV.
- c. Taking vitamins keeps a person from getting HIV.
- d. BLANK CARD

Pages 22-23 (all Fact)

- a. A pregnant woman with HIV can give the virus to her unborn baby.
- b. It is possible to get HIV when a person gets a tattoo.
- c. A woman can get HIV if she has anal sex with a man who has HIV.
- d. A man can get HIV if he has sex with another man who has HIV.

Pages 24-25 (all Fact)

- a. A woman can get HIV if she has vaginal sex with a man who has HIV.
- b. A man can get HIV if he has vaginal sex with a woman who has HIV.
- c. A person with HIV can look and feel healthy.
- d. Using a latex condom or rubber can lower a person's chance of getting HIV.

Answer Key to Myths and Facts Cards

Note: questions and answers are listed by page number.

Pages 26-27 (all Fact)

- a. There is a blood test to tell if a person has been infected with HIV.
- b. A person can be infected with HIV for 5 years or more without getting AIDS.
- c. You can get HIV even if you have unprotected sex with an HIV-infected person only one time.
- d. Some drugs have been made for the treatment of AIDS.

Pages 28-29 (all Fact)

- a. There is a female condom that can help decrease a woman's chance of getting HIV
- b. A mother with HIV can pass it on to her baby by breast-feeding.
- c. Having sex with more than one partner can increase a person's chance of being infected with HIV.
- d. Infection with HIV can lead to AIDS.

Pages 30-31 (all Fact)

- a. Taking the AIDS drug, AZT, lowers the chance of a pregnant woman with HIV giving it to her baby.
- b. A person can get HIV from a woman's vaginal secretions (wetness from her vagina).
- c. A person can get HIV by having oral sex (mouth on vagina) with a woman.
- d. A person is more likely to get HIV if she or he has another STD (VD), such as herpes or the clap.

Pages 32-33 (all blank)