

Hepatitis Trivia Game

Materials:

- 30 cards with a multiple-choice, fill-in-the-blank, or true/false question written on them.
- Facilitator's answer sheet

Description

Trivia Game gives participants the opportunity to learn a quick fact which may encourage conversation. The participants draw a question and attempt to answer it.

You can also adapt these questions to play a game of jeopardy.

Preparation

Prior to facilitating the activity, read through the cards to become familiar with the questions. Prepare to have a conversation about the different topics covered in case the participants are interested in learning more.

Facilitator's Answer Sheet

Answers are in parentheses. Bullet points contain more information worth sharing when a participant draws this card

1. When hepatitis C enters the body, it travels to the ____ and begins taking over cells. (liver)
2. The liver's main function is to _____. (filter and detoxify)
3. Approximately ___ million Americans are infected with hepatitis C. (4)
 - *The most conservative estimate is 4 million.*
4. Hepatitis C is ___ times more common than HIV/AIDS in the United States. (4)
 - *About 1.2 million people in the United States is HIV+ or has AIDS*
5. How long can hepatitis A remain infectious outside of the body? (d)
 - a. **30 seconds**
 - b. **8 days**
 - c. **4 days**
 - d. **months**
6. How long can hepatitis C remain infectious outside the body? (c)
 - a. **30 seconds**
 - b. **8 days**
 - c. **4 days**
 - d. **1 month**
 - *The virus can be active in a syringe for up to 64 days*
7. An estimated ___% of people with HIV/AIDS also have hepatitis C. (c)
 - a. **5%**
 - b. **10%**
 - c. **25%**
 - d. **45%**
 - *That makes about 250,000 people with both HIV and Hepatitis C.*
8. The liver can alter or break down which of the following toxins? (a, b, c, d)
 - a. **Alcohol**
 - b. **prescription drugs**
 - c. **over the counter vitamins and drugs**
 - d. **pollutants from food and water**
9. Hepatitis is responsible for about... (c)
 - a. **one-tenth of liver transplants**
 - b. **one-fourth of liver transplants**
 - c. **one-third of liver transplants**
 - *This is more than any other reason someone would need a liver transplant.*
10. There are vaccines for which of the following viruses? (a and b)
 - a. **Hepatitis A**
 - b. **Hepatitis B**
 - c. **Hepatitis C**

d. HIV/AIDS

11. ___% of hepatitis C infections become chronic or long lasting. (d)

- a. 20%
- b. 40%
- c. 60%
- d. 80%

- *The other 20% of people fight off their case without prescribed drugs and may not feel sick or just assume they have the flu. The short-term cases are called 'acute'.*

12. How long can hepatitis B remain infectious outside of the body? (b)

- a. 30 seconds
- b. 8 days
- c. 4 days
- d. 1 month

13. If hepatitis C were really harming a person's health they would have symptoms. (F)

True/False

- *The liver can regenerate which means it can heal itself. However, it can only do this for so long. Also, the liver has no nerve endings so you can never feel pain in a liver that is slowly being damaged. That is why this organ is called a non-complaining organ.*

14. Hepatitis A turns into hepatitis B which turns into hepatitis C. (F)

True/False

- *These are three separate viruses named in order of discovery.*

15. The goal of a virus is to make as many copies of itself as possible. (T)

True/False

- *A virus can only replicate inside a cell. In the case of a hepatitis virus, it can only replicate inside of a liver cell. It may kill the cell in the process causing fibrosis or cirrhosis later on if not treated.*

16. A hepatitis C test is included in a standard screening for sexually transmitted diseases. (F)

True/False

- *While Hepatitis B is an STD, hepatitis C is not considered to be an STD since it is transmitted only by blood to blood contact. Blood to blood contact is very rare during sex which is why this test is not routine with STD testing but you can ask for it if you think you have been at risk.*
- *Anal sex is more likely to expose blood than vaginal sex since there can be more tearing Use a condom to prevent fluids from mixing, get tested for STDs with your partner and use lots of lube if you are concerned about tearing of the vaginal or anal walls.*

17. People get tested for hepatitis C when they get their blood drawn at the doctor. (F)

True/False

- *One must ask for this test specifically if they are concerned about their risk. The CDC recommends all Baby Boomers (born 1945-1965) get a one-time test for Hepatitis C.*

18. Hepatitis B and C can affect a person's body for decades before symptoms arise. (T)

True/False

- *Since the liver is so resilient and can regenerate, it handles damage to it (from a virus, alcohol or other toxins) very well. Since the liver has no nerve endings and is taking the best care of*

itself as it can, people with hepatitis do not feel pain or show any other symptoms that their liver is damaged. When the damage to the liver exceeds the level that it can take care of itself, symptoms will arise.

19. Only people who use drugs on a long-term basis are at high risk for hepatitis C. (F)

True/False

- *People who inject only once are also at high risk.*

20. The liver is the only internal organ that can regenerate. (T)

True/False

- *In fact, when someone donates half their liver, they will grow back most of the missing half in the first two weeks!*

21. A very small percentage of people clear the hepatitis C virus. (T)

True/False

- *About 20% of people who get the virus inside their blood stream manage to fight it off with their own immune system, no treatment or prescription drugs involved. They may feel sick for a short period of time but will get better as if they only had the flu. Women are more likely to clear the virus this way than men.*

22. There is a cure for hepatitis C that works for many people. (T)

True/False

- *As of 2017, 95-100% of people who complete treatment are cured of their Hepatitis.*

23. Hepatitis C was only discovered in 1987, so before 1992 some people got Hepatitis C from blood transfusions. (T)

True/False

- *Medical providers and scientists had no way of figuring out if blood that was donated carried infective Hepatitis C, nor did they know who was likely to have hepatitis C. Remember, people with hepatitis rarely show symptoms and may feel fine for years and think that donating blood was a fine thing to do. The three years between discovery and the clean blood supply can be explained by time needed to study the new virus and develop an accurate way to test the blood donations for hepatitis C. Now all blood is tested for blood-borne pathogens such as Hepatitis C, B, and HIV. Blood donors are asked a about their risk factors for possibly contracting a blood-borne disease*

24. People with hepatitis C know they have the virus because their skin turns yellow. (F)

True/False

- *Most people who have chronic Hepatitis (B or C) do not show any symptoms at all for several years. One possible symptom, if they do present any, is jaundice. Jaundice is when bilirubin, a yellow pigment is not adequately filtered. It builds up in the blood, causing skin and the whites of one's eyes to turn yellow.*

24. The liver performs over 500 different functions. (T)

True/False

- *Other than filtering toxins out of the blood the liver produces bile, stores sugar as glycogen, produces proteins, produces cholesterol. Regulates blood clotting and plays a role in fighting infections.*

26. People who have hepatitis C are required to tell their employers about their status. (F)

True/False

- *It is illegal for them to ask during an interview or afterwards and is discriminatory to deny you the job because of your Hepatitis C+ status, even if you are working in a healthcare field or in food service. All employees in these settings are held to the same cleanliness and safety standards.*

27. The hepatitis B vaccine will keep someone who already has the virus from getting sick. (F)

True/False

- *If someone already has the virus the vaccine will not help. Vaccines are preventative and much be given before a person is exposed to the virus in order for that person to be able to fight off the virus if and when it is later exposed.*
- *Unfortunately, many recent immigrants from the Pacific Islands and Asian countries (where the Hepatitis B virus is most common) were given the vaccine, since it was required for entry into the United States, but were not ever screened to see if they were already infected. Getting the vaccine gave them a false sense of security because most people believe this fact to be true when it is not. Now, a cohort of people who received the vaccine without being screened first are showing up with advanced liver disease from their hepatitis because they were not being treated. If you think you may be at risk of hepatitis B, get screened, and if it is negative the vaccine will prevent you from getting a chronic infection.*

28. The liver is your largest internal organ. (T)

True/False

- *It is the second largest organ in your body. The first is skin.*

29. Hepatitis B and C lead to an increased chance of liver cancer. (T)

True/False

30. You only have to worry about hepatitis when you go to a third world country. (F)

True/False

- *Hepatitis A and B are more common in developing countries and travelers are recommended and sometimes required to get vaccinations for Hepatitis A and B before traveling. However, hepatitis A and B are both still a concern in the United States and other industrialized countries because many people, especially many adults born before 1986, so not have the vaccine. Our sanitary practices and access to clean drinking and washing water helps a lot, however there are still outbreaks of Hepatitis A and 2 million people in this country with Hepatitis B. Additionally, there is no vaccine for Hepatitis C and getting more than one type of hepatitis at a time leads to cirrhosis and liver disease faster.*

Trivia Cards

When hepatitis C enters the body it travels to the _____ and begins taking over cells.

1

The liver's main function is to _____.

2

Approximately ____ million Americans are infected with hepatitis C.

3

Hepatitis C is ____ times more common than HIV/AIDS in the United States.

4

How long can hepatitis A remain infectious outside of the body?

- a. 30 seconds
- b. 8 days
- c. 4 days
- d. months

5

How long can hepatitis C remain infectious outside the body?

- a. 30 seconds
- b. 8 days
- c. 4 days
- d. 1 month

6

An estimated ____% of people with HIV/AIDS also have hepatitis C.

- a. 5%
- b. 10%
- c. 25%
- d. 45%

7

The liver can alter or break down which of the following toxins?

- a. alcohol
- b. prescription drugs
- c. over the counter vitamins and drugs
- d. pollutants from food and water

8

Hepatitis is responsible for about...

- a. one-tenth of liver transplants
- b. one-fourth of liver transplants
- c. one-third of liver transplants

9

There are vaccines for which of the following viruses?

- a. Hepatitis A
- b. Hepatitis B
- c. Hepatitis C
- d. HIV/AIDS

10

____% of hepatitis C infections become chronic or long lasting.

- a. 20%
- b. 40%
- c. 60%
- d. 80%

11

How long can hepatitis B remain infectious outside of the body?

- a. 30 seconds
- b. 8 days
- c. 4 days
- d. 1 month

12

If hepatitis C were really harming a person's health they would have symptoms.

True/False

13

Hepatitis A turns into hepatitis B which turns into hepatitis C.

True/False

14

The goal of a virus is to make as many copies of itself as possible.

True/False

15

A hepatitis C test is included in a standard screening for sexually transmitted diseases.

True/False

16

People get tested for hepatitis C when they get their blood drawn at the doctor.

True/False

17

Hepatitis B and C can affect a person's body for decades before symptoms arise.

True/False

18

Only people who use drugs on a long-term basis are at high risk for hepatitis C.

True/False

19

The liver is the only internal organ that can regenerate.

True/False

20

A very small percentage of people clear the hepatitis C virus without treatment.

True/False

21

There is a cure for hepatitis C that works for many people.

True/False

22

Hepatitis C was only discovered in 1989, so before 1992 some people got Hepatitis C from blood transfusions.

True/False

23

People with hepatitis C know they have the virus because their skin turns yellow.

True/False

24

The liver performs over 500 different functions.

True/False

25

People who have hepatitis C are required to tell their employers about their status.

True/False

26

The hepatitis B vaccine will keep someone who already has the virus from getting sick.

True/False

27

The liver is your largest internal organ.

True/False

28

Hepatitis B and C lead to an increased chance of liver cancer.

True/False

29

You only have to worry about hepatitis when you go to a third world country.

True/False

30