OUR ANCESTORS SURVIVED

So That We Could Live Our Dreams

Be Safe. Be Healthy.

You can prevent sexually transmitted infections and viral hepatitis.

Always use a condom • Carefully choose sexual partners – limiting sexual partners decreases your overall exposure to STIs • Know that drugs and alcohol can lead to poor decisions • Avoid sharing intravenous needles – needle sharing can spread serious infections, including HIV and hepatitis B and C

UIHI Urban Indian Health Institute, A division of the Seattle Indian Health Board

OMH U.S. Department of Health and Human Services, Office of Minority Health

Indian Health Service, HIV/AIDS Program

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