

HIV is only spread in a few ways.

# You can

*give* a hug  
*play* basketball  
sweetheart *dance*  
*share* some fry bread  
*sew* a quilt  
*plant* a garden  
*hunt* or *fish*  
*smudge*  
potato *dance*  
*play* stickball  
*pick* wild onions  
*listen* to stories  
*make* cornhusk dolls  
*practice* drumming  
*learn* teachings about plants

with a relative living with HIV.



Urban Indian  
Health Institute



Learn more about  
how HIV is spread

