

## I have sex and stay safe

### I am connected

Aboriginal humour is good medicine. Be funny, talk about HIV.  
When I go clubbing, I keep my wood under wraps!



*"I am a warrior and a lover.  
My life is priceless.  
Condoms are free."*

[www.wabano.com](http://www.wabano.com)

## I have sex and stay safe

### I am connected

to the earth, the spirits, our ancestors  
and all Aboriginal women, no matter where we've been or  
what we've been through.



*"I am the heart of the nation.  
A giver of life, and  
I am a part of the circle."*

[www.wabano.com](http://www.wabano.com)



Wabano Centre for Aboriginal Health

**We care about our people.**

We need to talk about how HIV  
is preventable, find out more at

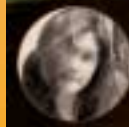
[www.wabano.com/hiv](http://www.wabano.com/hiv)

Funded by the Public Health Agency of Canada

## I have sex and stay safe



Aboriginal people test HIV+ at younger ages and at higher  
rates than other Canadians. It doesn't have to be this way.



Wabano Centre for  
Aboriginal Health



**I have sex and stay safe  
I also get high, I am still connected.**

Aboriginal people are the fastest growing group of HIV+ Canadians.  
Injection drug use is the #1 cause. It doesn't have to be this way.



*"I am loved and I am a part of the circle."*

www.wabano.com

## HIV needs three things to infect someone

1. Body fluid infected with HIV. There are four body fluids that can infect: blood, semen, vaginal fluids and breast milk.
2. An entry point into the bloodstream. Entry points to the blood stream can be found through the: vaginal walls, cervix, anus, urethra in the penis, open cuts, sores, and points of needle injection.
3. An activity that brings HIV + body fluid and an entry point together.

### **H** Human

It can only infect humans. It can't infect insects or animals. It needs a human body to live in.

### **I** Immunodeficiency

HIV attacks the immune system, which our body needs to fight infections like colds or diseases. HIV makes the immune system not work properly. When the immune system does not work properly it is easier for a person to get sick.

### **V** Virus

A virus is a tiny, living thing that needs a host to live in. A person becomes a host to HIV when he or she is infected. HIV turns your cells into virus making factories.

**1 + 2 + 3 = possibility of HIV infection  
Don't give HIV all three**

## HIV is not the same thing as AIDS

### **A** Acquired

This means that a person got infected with HIV. The virus must enter the blood stream to infect someone.

### **I** Immuno

HIV climbs into CD4 cells, which are like the team captains for the immune system, and begins making copies of HIV. This process kills CD4 cells and increases levels of virus in the body.

### **D** Deficiency

When the CD4 cells begin to decrease and the amount of virus in the body begins to increase, a person becomes easily sick with infections and/or disease.

### **S** Syndrome

Only a doctor can tell if someone has AIDS. Generally, AIDS means someone is HIV+ and they have one or more opportunistic infection.

**I have sex and stay safe  
I am connected  
to the circle, to our culture.**

Understand – Most Aboriginal languages use more words to describe a person than just man, woman, boy or girl. Two-spirit is one of them.  
Fear of two-spirit people is not traditional.



*"I am two-spirit and I am taking my place in the circle."*

www.wabano.com