Long ago before ant

had a small waist or the stars

spilled out across the sky

Before the coming of the

great flood even before the

world turned upside down
THE FIRST PEOPLE

SHIFTED FORMS LIKE CLOUDS AND DANGER

WALKED THE EARTH
The world was unstable. So the Three were sent forth, commanded by the Creator to stabilize the Earth on an Axis of Rainbows. You can see the sunset on the West Axis of Red to know the story is true.
Circles shifted. The world turned upside down. Dangers moved. The weavings of the Three worked loose. Old ways

UNTIED

EARTH ROCKING
THE SICKNESS AIDS IS CAUSED BY A VIRUS OR GERM CALLED HIV.
FEEL

PEOPLE WHO GET HIV

MAY NOT FEEL OR SHOW SIGNS FOR MANY YEARS
You can get HIV by having sex with someone who has it or sharing needles with someone who carries it.

If you have sex a condom can help protect you and your partner.
You can get HIV sharing blood during ceremonies

If a woman is infected with HIV she can pass it to her unborn baby

If you are drunk or high you might not know what you are doing you might do something that is unsafe
HIV: Diseases become dangerous, natural protection destroys the body’s.
FREQUENT SPOTS OR BUMPS
TIRE ALL THE TIME
FEVERS
SWOLLEN DIARRHEA
GLANDS
RED OR PURPLE
SWEATING AT NIGHT
DRY COUGH WEIGHT LOSS

AIDS
about the possibility, I was realistic. I could not get sick. NO, IT CRN gives me the medicine and covers me with a blanket.

Things began to go wrong that normally would not have bothered me. but I thought was wrong. I suspected what was going on. Now I am always in some sort of pain. My Mother brought my prayer blanket and some medicine. She feeds me.
I had a wonderful dream of us

But we will be dying

They need your love to understand and to know

Scares people afraid

They are afraid

I was not afraid

At first I would not talk about it

Sooner than most of us I guess

Living our lives and being happy together

We can all walk tear

Without fear

We can be happy
Grandmother Spider said, "Take this wonderful medicine of mine."
Then she asked the Children of Light, "Have you learned anything?"
HEARTS SET IN MOTION BY THE ROCKING OF MOTHER EARTH WHILE THE WORLD TURNS UPSIDE DOWN AGAIN

CHILDREN OF LIGHT WAS PRODUCED FOR PHIL TINGLEY AND THE AMERICAN INDIAN AIDS INSTITUTE OF SAN FRANCISCO, 333 VALENCIA STREET, SUITE 200, 94103 WITH FUNDING FROM THE CHICAGO RESOURCE CENTER AND THE NATIONAL EDUCATION ASSOCIATION’S HEALTH INFORMATION NETWORK C: ALL PHOTOGRAPHS BY JEFFERY NEWBURY, EXCEPT ON PAGE 14: ROSE EMERSON, A YOUNG YUMA MOTHER AND HER CHILD, WHICH COMES FROM THE AMERICAN MUSEUM OF NATURAL HISTORY, PHOTOGRAPHIC SERVICES, NEGATIVE NO. 31703 DESIGN: JAMES LAMBERTUS SPECIAL THANKS TO TERRY TAFOYA AND CATHY KODAMA FOR THEIR CONTRIBUTION

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THE AMERICAN INDIAN AIDS INSTITUTE (415) 626-7639 THE NATIVE AMERICAN AIDS HOTLINE (800) 283-2437
AMERICAN INDIANS
ALASKA NATIVES

We can help prevent the spread of
AIDS in our Indian communities
What is AIDS?
(Acquired Immune Deficiency Syndrome)

AIDS is a fatal disease—it can kill you.

- It is caused by a virus. You get the virus from blood or sexual fluids of a person who has the AIDS virus.
- The AIDS virus is not spread by coughs, sneezes, food, eating utensils, toilet seats or shaking hands. There are no known cases of people getting AIDS from kissing.
- You can’t always tell if someone is infected with the AIDS virus. Many people infected with the virus may not get sick with AIDS for many years, but can still pass on the AIDS virus to others.
- You don’t have to be white or gay to get AIDS. Males and females of all ages and all colors have gotten AIDS.

It’s not who you are...

It’s what you do.
If you are willing to help us now:

Come to any one of the following special test sites for AIDS education, information, and to participate with us...

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>June 22</td>
<td>1:00–7:00 pm</td>
<td>Native American Alcoholism Program</td>
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<tr>
<td></td>
<td></td>
<td>1818 38th Avenue</td>
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<td></td>
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<td>Oakland</td>
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<tr>
<td>June 23</td>
<td>1:00–7:00 pm</td>
<td>American Indian Center</td>
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<td>225 Valencia Street</td>
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<td>San Francisco</td>
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<tr>
<td>June 25</td>
<td>1:00–7:00 pm</td>
<td>San Francisco Native American Health Center</td>
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<td>56 Julian Avenue</td>
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<tr>
<td>June 26</td>
<td>1:00–7:00 pm</td>
<td>Oakland Native American Health Center</td>
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<td>3022 E. 14th Street</td>
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</tbody>
</table>

The results of this study will be used to direct prevention programs here and in other Indian communities. Your name will not appear anywhere in the study, but your participation will help us to help others here in the Bay Area and in other Native American communities across the country.
What can you do?

WE ARE TRYING TO STOP THE SPREAD OF AIDS

Come join us!

The Bay Area Native American AIDS Prevention Project sponsored by the Bay Area Indian Agency Representatives and the San Francisco Department of Public Health is a pilot program of AIDS prevention activities for the Native American community of the Bay Area.

The initial prevention activities include:

Training—of Native American AIDS educators—so that we can teach others about AIDS prevention.

AIDS Education in the Workplace—for all employees of Native American agencies in the Bay Area.

Risk Assessment—of community members to help develop targeted AIDS education programs.

Training—of Indian Counselors—in selected Bay Area Indian Agencies—to lend confidential counseling and support to AIDS victims, their families, and friends.
We need your help!

We need your help in order to identify the risk for AIDS already in our community.

We are sponsoring Voluntary Anonymous AIDS-Antibody Testing—at familiar sites around the Bay Area to try to reach American Indians and Alaska Natives willing to participate in a study.

You can help: by coming to one of the designated test sites to be tested for the AIDS virus. Staff persons from almost every Bay Area Indian Agency are volunteering for the test.

The results will be completely:

Anonymous—No name will be attached to the blood sample, only a number that you know. Your name will not appear anywhere in the results. Only you will know your code number, and you will be told the results of your test only if you want to know them.

Voluntary—You can come to a test site for the educational programs only, without giving a blood sample, and you can change your mind at any time. AIDS education and pre-test and post-test counseling will be part of the testing program.

With your help, we can begin to develop programs to prevent the spread of AIDS in this and other Indian communities around the country. This is the first targeted program of its kind for Native Americans, and will be modeled by other Indian communities.
If you have questions about any aspect of the project, or questions about participation in the antibody survey, or would like to participate in some other way:

Please call:

Ron Porter—(415) 391-5800
Foundation for American Indian Development

Phil Tingley—(415) 391-5800
Corporation for American Indian Development

Ron Rowell—(415) 391-5800
Achukma, Inc.

Dr. Kathleen Toomey—(415) 476-3801
Institute for Health Policy Studies
University of California, San Francisco

This brochure was developed by the Bay Area AIDS Prevention Project and the San Francisco Department of Public Health with the help of the Institute for Health Policy Studies, University of California at San Francisco.
AIDS Is Also An Indian Problem

What Is AIDS?

How Do You Get AIDS?

Do Indians Get AIDS?

How Can You Prevent AIDS?

What You Can Do!
What is AIDS?

AIDS stands for:

- Acquired -- not hereditary
- Immune -- body's defense system
- Deficiency -- not working properly
- Syndrome -- a group of signs and symptoms

AIDS is caused by the Human Immunodeficiency Virus (HIV). If the virus gets into the bloodstream, it attacks the body's immune system. Some infections and other diseases that the body normally would fight off become deadly.
How do you get AIDS?

- from having unprotected sex with an infected person (male or female)
- sharing needles with people who shoot drugs
- babies can get AIDS from infected mothers before or during birth

You can't get AIDS from:

- Hugging
- Toilets
- Kissing
- Donating Blood
- Food
- Mosquitoes
- Drinking Glasses
- Swimming Pools
- Shaking Hands
Do Indians get AIDS?

Yes!

Where do they live?
- in every area of the U.S.
- on reservations, rancherias, pueblos, villages, in cities, and in rural areas

How old are they?
- all ages

Are there Indian women with AIDS?
- Yes, women get AIDS too! (especially when they have sexual partners who shoot up drugs or have several sexual partners)

Who is at special risk?
- sexually active persons
- drug users who share needles and syringes
Safer Sex Guidelines
(Sex guidelines to help prevent transmission of the AIDS virus)

Safest --
- Not having sex is absolutely safe (abstinence)
- If you choose to have sex, have sex with only one uninfected partner and always use only LATEX condoms.
  - You must never use a condom more than once and must handle them carefully to avoid rips, heat and moisture. Don't keep them in your wallet.

Definitely Safe --
(no exchange of semen, vaginal secretions, blood, urine, or feces)
- Touching, hugging, massaging
- Masturbation, alone or with partner
- Rubbing bodies together
- Talking about sex, verbal fantasies
- Dry mouth kissing
- Kissing or licking clean skin (no oral contact with genitals, open sores)

Probably Safe --
(most likely no exchange of semen, vaginal secretions, blood, urine, or feces)
- Vaginal intercourse with condom and foam spermicide containing nonoxynol-9 (used properly, no breakage).
- Wet mouth kissing (unless there are open sores or kiss is hard enough to draw blood.

Unsafe About Safety --
- Oral-genital sex (There could be exchange of semen, vaginal secretions, blood, urine, or feces.)
  Recommendation is to avoid oral sex, or use condoms for oral sex on penis, and latex barriers for oral sex on vagina.

Definitely Unsafe --
(Almost certain dangerous exchange of semen, vaginal secretions, blood, urine or feces.)
- Vaginal intercourse without a condom
- Anal intercourse without a condom
- Sharing objects inserted into vagina or anus
- Oral-anal sex
- Any activity that allows blood-to-blood contact

How can you prevent AIDS?

- You can't tell if someone is infected with the AIDS virus. Many people are infected but don't show any symptoms of illness. However, they can pass the virus to others.

- Abstinence (not having sex) is the safest, or having sex with one uninfected partner.

- If you decide to have sex, use a latex condom. Increase your protection by using nonoxynol 9.

- Don't shoot drugs, and never use a dirty needle or share needles. This includes needles for tattooing. Any sharing of blood as in ceremonial flesh offerings or blood brother initiations can pass the AIDS virus.

- Know your sexual partner. When you have sex with someone, it's as if you are having sex with all their past partners (male or female).

- Although blood transfusions are now safe, some blood that was donated between 1979 and 1985 contained the AIDS virus. If you had a blood transfusion between 1979 and 1985, you may want to get tested for the AIDS antibody.
What You Can Do --

- **Learn** the facts about AIDS.
- Protect yourself and others from AIDS.
- Tell your friends the facts about AIDS.
- Tell your parents the facts about AIDS.
- Organize AIDS education activities with your tribe, school or community.
- Become aware of AIDS services (your health provider, Indian clinic or community center may be able to refer to services).
- Learn how to care for and protect people with AIDS.

**REMEMBER -- PREVENTION IS THE ONLY ANSWER.**

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STOP

**AIDS**

IN

INDIAN COUNTRY

For more information, call toll-free: Northern California (800) 367-AIDS
Southern California (800) 922-AIDS

**What You Can Do!**
Cover Designed by: Tina Lavonne Kohler
Graphic Artist: David Ipina, Yurok

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