

HOW TO KNOW  
WHEN YOU NEED HELP

**If your HIV test is positive . . .**

Don't wait until you feel sick. Come to the Native American Health Center for medical treatment, information and support from people who care about you.

**If you have any of these symptoms . . .**

- Frequent dry cough
- Difficulty catching your breath
- Swelling under chin, arm pits or groin
- Unusual mouth sores
- Fevers, chills or night sweats
- Continuous fatigue
- Frequent diarrhea
- A loss of 10 pounds or more in a month
- Dark bruises that don't heal

**. . . call the Native American Health Center for a private appointment today.**

**MAKE AN APPOINTMENT TODAY!**

Call: (415) 621-8051  
*main clinic number*

(415) 621-8059  
*HIV services voice mail*

**HIV TREATMENT  
FOR AMERICAN INDIANS**



**Native American Health Center**  
Urban Indian Health Board, Inc.  
Medical Department  
56 Julian Avenue  
San Francisco, CA 94103

Special thanks to the California Area Office of the  
Indian Health Service of the Public Health Service

*"Because the only home  
is each other..."*

Paula Gunn Allen, Poet  
Laguna Pueblo/Sioux




## WE'RE HERE FOR YOU

Living with HIV or AIDS can be a hard road. If you are an American Indian man or woman with the virus or the disease itself, you don't have to walk alone. The Native American Health Center is one of the few health clinics in the United States with services planned especially for American Indians with HIV. We provide medical case management designed to help you stay as healthy as possible. We are doctors and nurses who know and respect our way of life and understand our healthcare needs.

## WE CAN HELP YOU . . .

- . . . find out about the healthcare and support services you need
- . . . make sure you get it
- . . . simplify your life

There is no cure for AIDS, but we have helped many other American Indians learn to live a full, active life with the disease. Let us offer you the treatment and support you deserve.



**GET THE CARE YOU NEED.** Most people living with HIV or AIDS have more than one health concern. We can assess your condition and help you build a plan for taking care of yourself. As your health changes, we can adapt your care. Along the way, we can help you plan a healthy diet and arrange for lab tests, home care, legal advice or counseling. We can also lead you to clinical trials that may offer new hope.

**LEARN WHAT YOU NEED TO KNOW.** AIDS can make your body so weak you can't fight off other diseases. Across time, we can teach you to watch for signs of new problems and understand what is happening to you. Often we can help you keep from getting sicker.

**MAKE YOUR LIFE EASIER.** Being sick is hard work. Filling out forms. Arranging for meals at home. Holding onto a place to live. Knowing who to call for what. We can help with paperwork, phone calls, and decisions around every part of your life. We care about you. Let us help.



**SPECIAL HELP FOR WOMEN.** Women living with AIDS often face unique health problems. Our staff understands the special needs of women and can help make sure women receive the care and support they deserve.

**ARE YOU ELIGIBLE?** All our services are open to all American Indians, no matter what your tribe or where you live. In addition to our special services for American Indians with HIV, the Native American Health Center also offers other healthcare services, dental care, counseling, and services to families, youth, and the homeless.

**COSTS.** We are not a free clinic. If you have no health insurance, you may qualify for a sliding scale fee. We can also help you obtain Medi-Cal or other healthcare coverage.

