

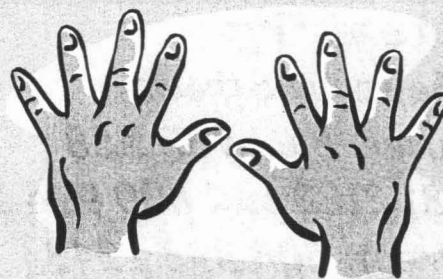
# Five Ways to Better Health

Produced by B.C. Persons with AIDS Society and Vancouver Native Health Society

Here are five simple things you can do to improve your health if you have Hepatitis C or HIV.



concept and text:  
Jeff Gray



Wash your hands with soap and water after using the bathroom. This lowers your chances of getting sick.

Take a B complex vitamin and a multivitamin every day. Several studies from different parts of the world show that HIV+ people who take vitamins live longer.



Feel good about having sex - do it safely! Use lots of lube - try putting some lube in the tip of the condom.



Get out of the neighbourhood once in a while. Go to the woods to heal your soul.



Drink more water. Many people admitted to hospital are dehydrated. Water helps flush out your body and kidneys.

# More Information . . .

## *BCPWA and TIP*

1107 Seymour Street  
Vancouver, B.C. V6B 5S8  
604 681 2122 or 1 800 994 2437  
TIP direct: 604 893 2243

*AIDS Vancouver Helpline*  
604 893 2222

## *Canadian Liver Foundation*

545 - 113- West Pender Street  
Vancouver, B.C. V6E 4A4  
604 681 4588 or 1 800 856 7266

## *Hepatitis C Society*

383 Huron Street  
Toronto, Ontario M5S 2G5  
1 800 652 HepC (4372)  
Victoria, B.C. 250 388 4311

## *Healing Our Spirit*

212 - 96 East Broadway  
Vancouver, B.C. V5T 4N9  
604 879 8884

## *Vancouver Native Health Outreach*

441 East Hastings Street  
Vancouver, B.C. V6A 1P5  
604 254 9937

## *Positive Women's Network*

Main Floor, 1107 Seymour Street  
Vancouver, B.C. V6B 5S8  
604 893 2200

## *Oak Tree Clinic*

604 875 2212

## *Prison Outreach Program*

Direct line for inmates:  
604 527 8605 Wednesday -  
Sunday 4 pm to 10 pm

## *YouthCo*

604 688 1441  
outreach/support confidential  
cellular 604 808-7209 (Ron)

## *Your local ASO . . .*

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