Ways of keeping healthy to avoid catching the HIV virus; one of a series of fact sheets about AIDS and HIV. Colour lithograph.

Publication/Creation

[New Zealand] : [publisher not identified], [between 1990 and 1999]

Persistent URL

https://wellcomecollection.org/works/u3g4e7cs

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org

And keep healthy



Eat lots of different kinds of foods



Get enough sleep



Keep your body clean



Never use IV drugs



Eat regular meals



Exercise your body



Keep off alcohol, drugs, smokes



Find out things you're good at doing



Be proud of yourself and your culture