

How does a person become infected with HIV?

There are four main ways HIV can be passed on. →

1

Having vaginal or anal sex without a condom with someone who has HIV

Through sharing of drug injecting equipment that is contaminated with infected blood, including contaminated skin piercing equipment.

2


3

From a woman with HIV to her baby during pregnancy, at birth or through breastfeeding.

4

From blood products, for example from an infected transfusion or organ or tissue transplant.

Designed by www.marmalcreate.co.uk
for the Health Promotion Unit, British Forces Germany Health Service, and Health Branch, Directorate of Manning (Army) Upavon.



If the equipment used in tattooing is not sterile and is used on different people, there is a chance that HIV may be transmitted. Don't get tattoos done in places where you have any doubts about hygiene, or when you have been drinking.

Using a condom

→ Make sure the packing is intact.

1 Pull back the foreskin if you have one. Hold the condom between your thumb and index finger and place it on the tip of the penis with the ring on the outside.

2

Unroll the condom over the penis, making sure you get the air out of the end.

3

Don't use vaseline, body lotion or massage oil as a lubricant, because they **will** destroy a condom.

4

Take condoms with you when you are travelling.



HANDS ON SURVIVAL
YOUR GUIDE

Access to GUM Clinic (Genito Urinary Medicine)



GUM Clinic

If you think you have an STI, or think you may have put yourself at risk go to a



The Genito Urinary Medicine and Sexual Health Clinic in BFG is based in Bielefeld and has outreach clinics in Wegberg and Hohne. The service is confidential. You can phone for an appointment or get referred by your GP/MO.

Tel: Civilian 0521 9254 3339 | Military 81 3339



There is a clinic in every area in UK. You can find details online at: www.condomessentialwear.co.uk

- Webbing**
- Weapon**
- Ammo**
- Helmet**
- Boots**
- Balls?**



Enemy engagement

CBRN

Suicide bombers

IEDs

HIV+ AIDS?

- RPGs**
- Snipers**
- Land mines**
- Roadside bombs**
- POTL?**

You can get **FREE** condoms from your local medical centre.

Testicular cancer is the most common form of cancer in men aged between 15 and 39.

9 out of 10 men who get the disease get cured.

Check for Lumps.

Whenever you check your kit, check your tackle as well.

Check your testicles for lumps about once a month after a bath or shower when they are warm and relaxed.

Symptoms to look out for include:

- One testicle getting larger than the other.
- A lump in part of one testicle.
- An ache or 'heavy' feeling in one testicle that does not go away.

If you find a lump get yourself to the doctor. Don't ignore it and think it will just go away.

Some men try to ignore lumps and arrive at the doctors too late. Don't be one of them.

HANDS ON SURVIVAL

CHECK FOR LUMPS

5 lagers

4 shots

3 vodkas

2 cocktails

1 stupid move



When you've got your beer goggles on you'll be less worried about who you score with.

The level of alcohol intake of younger soldiers in the Armed Forces is higher than in civvy street.

Binge drinking at weekends or on POTL increases the chance of you taking risks you wouldn't normally take, like:

- Taking drugs you wouldn't otherwise take.
- Having sex without a condom.
- Getting involved in an argument or fight.

So make sure when you've had a few and get lucky you stay lucky - always use a condom.

HANDS ON SURVIVAL

USE A CONDOM

In the time before you deploy it is common to feel like you've got to make the most of it.

It is easy to take more risks than normal, especially when you get your beer goggles .

You'll face enough threats in action, so don't add HIV to the risk.

HANDS ON SURVIVAL

USE A CONDOM

Dose

Clap

Scrot rot

Cupid's itch

Hooker's measles

HIV+ AIDS

Some soldiers believe getting a dose isn't a problem.

They go to the Doctor and get it treated.

Some STIs can be treated and cured, but others, including the HIV virus, cannot.

HIV stands for the Human Immuno-Deficiency Virus, and is the virus that leads to AIDS.

AIDS stands for Acquired Immune Deficiency Syndrome, which is a collection of infections and cancers that people with HIV develop.

If a person with HIV gets one of these illnesses they are said to have AIDS.

AIDS is still incurable although its symptoms can be treated.

Having an STI increases your chances of becoming HIV positive, because any lesions on your genitals are good routes for transmitting the virus.

If you think you have an STI go to your doctor or the Genito Urinary Medicine Clinic as soon as you can.

If you are going to play, play safe, and always use a condom.

HANDS ON SURVIVAL

USE A CONDOM

When you go on POTL after a tour it is important to relax and let your hair down.

Many soldiers on return from major operations continue to exist on an adrenalin rush and miss the buzz of deployment.

Research carried out on soldiers returning from the Gulf has found that they are more likely to take risks when driving:

- Driving too fast.
- Driving without a seat belt.
- Driving under the influence of alcohol.

Be aware that your judgement of risk may be affected by your tour.

Don't take risks with your sexual health, or you could risk an STI, HIV or even an unplanned pregnancy.

If you are going play, play safe: Use a condom.

HANDS ON SURVIVAL

USE A CONDOM

Hey gorgeous!

Fancy a drink?

Come here often?

We're made for each other!

Get your coat, you've pulled!

Your tests are positive



As a female soldier on deployment there will be 50 blokes to each woman, so don't be surprised to hear more of these lines than normal.

One of the main reasons for female soldiers' short touring is to deal with an unplanned pregnancy.

Stay in control.

If you are going to play , play safe - always insist he uses a condom, or you could end up facing news you really don't want to hear.

HANDS ON SURVIVAL

USE A CONDOM

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