

A white sailor's cap is shown in the foreground, slightly out of focus. A gold condom packet lies on the surface next to it. The background is a blurred outdoor scene with a building and a tree.

# HIV happens....

## don't let it happen to you.

Each year, over 50,000 Americans get HIV,  
including about 100 sailors and marines.

Abstinence and mutual monogamy can eliminate your risk.  
Condoms - worn every time - can greatly reduce your risk.

**Protect yourself.**

To learn more, visit <http://www-nmcphc.med.navy.mil/healthyliving>

