

Keep Yourself Safe



Use clean works.

Use clean supplies and especially new needles or syringes. Hep C can live on used cookers, cotton, and water.

Prevent skin problems.

Washing your hands and wiping down the injection site with an alcohol swap before injecting can help prevent infection and abscesses.

Dispose safely.

When you're done, dispose of the used syringes into a sharps container or hard plastic container.

Rotate injection sites.

Be smart and let your skin and veins heal. Choose different veins if you can, and if you can't, choose a different spot along the vein.

Prepare your own stuff.

Use your own cooker. Mix drugs with clean water. Add a filter using clean fingers to filter bacteria (avoid cigarette filters).



SOURCE:
NATIONAL HARM REDUCTION COALITION

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