

## SAFE INJECTING PRACTICES 1



The use of intravenous drugs is one channel through which infections such as HIV and hepatitis C can spread. If you are going to use them, however, there are some methods you should consider in order to reduce this risk.

- You should wash your hands before injecting.
  - The hepatitis B and C viruses can survive outside the body for much longer than HIV. This longer survival time also increases the risk of transmission.
  - These viruses can be found anywhere in the injecting equipment. You should therefore not assume that it is clean just because it looks clean.
- Although water and bleach are sometimes used to clean syringes, they may not destroy all viruses. It is therefore better always to use new syringes.
- You should always use new material for your own use only. There are places where you can exchange used syringes for new material.
- Try not to put the needle in your mouth: saliva contains microbes that can then be transferred to the needle.
- You should always use clean filters and sterilised water whenever you can. Do not use tap or bottled water for injecting.
- The syringe exchange point can provide you with sterilised water. If you do not have any sterilised water, boil the water and let it cool before using it.



grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

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**SUBVENCIONA**



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Diputació Barcelona  
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**COLABORA**



ETIS  
EQUIP DE TREBALL SOBRE INFERMIRACIÓ I SALUT



TROPICAL DRASSANES



¿TIENES DUDAS SOBRE EL TEMA? PREGÚNTANOS

Tel. 93 458 26 41  
consultas@gtt-vih.org

(Material adapted from the Safer Injecting guide by Merchants Quay Ireland)