

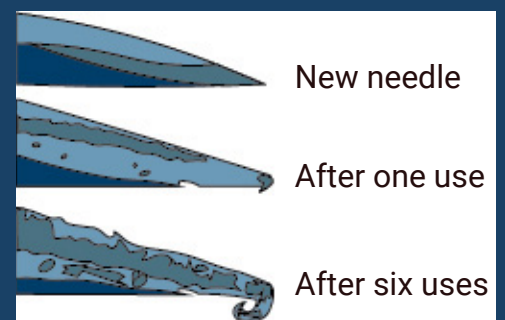
What should I do?

People who inject drugs can place themselves at risk of HIV, hepatitis C and other blood borne viruses. Safe injecting practices can protect against infection. You should practice the following:

- Use a sterile needle and syringe (fit) for every injection. If you are unable to access a clean needle, you can get safe injecting equipment through the [NSW Needle and Syringe Program](#) or follow this [Guide to Cleaning Used Syringes](#)
- Always remember to use:
 - New, sterile water
 - New swabs (one for the spoon, one for the injecting site)
 - Clean tourniquet
 - New filter
 - Clean spoon
- Choose a safe environment to inject - Private, clean well-lit and with running water, if possible
- Wipe down all surfaces being used to prepare the drug
- Wash hands before and after injecting, preferably with soapy water
- Avoid all contact with anyone else's blood, including blood you can't see - Don't help someone else to inject
- Get rid of needles and syringes in a sharps bin or fit pack immediately after use
- Use liquid bleach or another disinfectant to clean blood spills, contaminated surfaces, and equipment
- Be aware of how you can manage a needlestick injury if it happens
- Get regular blood-borne virus (BBV) testing

Using the same needle

Needles become damaged after each use, always make sure you use a new needle to take care of your veins



What should I avoid?

You should always avoid sharing equipment when preparing or injecting drugs, this includes:

- Needles and syringes
- Water
- Swabs
- Tourniquet
- Filter
- Spoon

Always remember to get rid of your equipment unsafely.

Where can I learn more?

NSW Users and AIDS Association - Resources for harm reduction: nuaa.org.au