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# SAFER INJECTION



**skoun**  
LEBANESE ADDICTIONS CENTER





**/// IF YOU CHOOSE TO INJECT AND ARE NOT READY OR WILLING TO STOP, IT IS IMPORTANT TO DO SO AS SAFELY AND AS CAREFULLY AS YOU CAN. ///**

## AVOID **SHARING** AND **RE-USING**

- **DO NOT SHARE** syringes or any injection equipment, including cotton, cookers, water (for mixing or rinsing), or ties.
- **IF YOU ARE SHARING** drugs with someone else, divide the drugs on a clean surface before you add the water.
- **KEEP EVERYTHING SEPARATE** from your drug using partners, including your syringe and other equipment.
- **NEVER LET** someone else prepare your shot or inject you.
- **DO NOT RE-USE** syringes and injecting equipment, even for yourself.
- **MARK** your syringes and other equipment, if you do re-use them, to protect yourself and others from getting HIV or hepatitis.

YOU ARE ALSO AT RISK OF BLOOD POISONING, **VEIN INFECTION** AND **ABSCESSSES**.



## REMEMBER!

KEEP YOUR SHOOTING & RINSING WATER SEPARATE, AND DO NOT RE-USE WATER CONTAINERS WITHOUT CLEANING THEM THOROUGHLY.

**/// UNSAFE INJECTING PUTS YOU AT RISK OF CONTRACTING AND TRANSMITTING BLOODBORNE VIRUSES - SUCH AS HIV/AIDS, HEPATITIS C, AND B. ///**





## HYGIENE: PROTECT YOURSELF FROM DISEASES AND INFECTIONS



**1. WASH YOUR HANDS WITH SOAP AND WATER BEFORE PREPARING FOR YOUR SHOT.**



**2. WHEN YOUR SHOT IS READY, PLACE IT ON A CLEAN SURFACE, OTHERWISE IT CAN PICK UP BACTERIA.**



**3. CLEAN YOUR SKIN, BEFORE INJECTION, WITH AN ALCOHOL PAD OR SOAP.**

Bacteria can enter your blood if you haven't cleaned your hands or the skin where you inject. This can travel in your blood and infect the valves or lining of your heart. This can also cause painful abscesses.



**4. WHEN YOU REMOVE THE NEEDLE, KEEP YOUR ARM STRAIGHT, AND APPLY PRESSURE TO THE INJECTION SITE FOR A COUPLE OF MINUTES WITH A CLEAN COTTON PAD, PAPER TOWEL OR TISSUE, NOT AN ALCOHOL PAD.**

Using an alcohol pad after shooting will keep your vein open to bacteria and viruses



**5. ROTATE YOUR INJECTION SITE, AND NEVER SHOOT INTO AN ABSCESS.**

The sooner you treat an abscess, the better. If skin swells after injection, apply ice. If it doesn't go down in a day or two, seek medical help.





**6. TRY TO AVOID GETTING BLOOD ON YOUR HANDS: USE TISSUES, TOILET PAPER, OR OTHER DISPOSABLE MATERIALS TO STOP ANY BLEEDING.**



**7. CLEAN UP ANY SURFACE BLOOD SPILLS AND WIPE UP WITH SOAP AND WATER.**



**8. WASH YOUR EQUIPMENT WITH DETERGENT AND WATER AND THEN WASH YOUR HANDS WITH SOAP AND WARM WATER.**



## REMEMBER!

THE BEST WAY TO PROTECT YOURSELF FROM DISEASES IS TO QUIT. DO NOT SHARE NEEDLES AND INJECTING EQUIPMENT. ASK US ABOUT TREATMENT IF YOU'RE READY FOR IT.

