

# 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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