



Do's & Don'ts! of Injection Infection

DO's	Don'ts
<ul style="list-style-type: none"> • Do use a new sterile fit • Do use sterile equipment (including swab, spoon, fingers etc...) • Do wash your hands first • Do use a clean area when preparing your mix • Do use a clean area when injecting • Do use a new swab for each injection site • Do use a new swab every injection • Do only swab in one direction • Swab your spoon before using • Do filter your mix • Do use cotton wool when drawing up, before injecting or filtering, even when drawing out of a bag • Do stem bloodflow using and reduce bruising by applying pressure to the injection site (don't use an alcohol swab) • Do use filters such as sterile cotton, steriflts, needle filters and wheel filters (ask staff for a demonstration and free trial of filters) 	<ul style="list-style-type: none"> • Don't re-use or share needles or syringes • Don't re-use or share any other injecting equipment • Don't lick the injection site before or after injecting • Don't lick your fit / tip • Don't re-use a filter • Don't leave an infection to worsen, Do seek medical assistance • Don't use equipment if wrapper is unsealed or expired • Don't inject if bright red or frothy blood enters your fit... You have hit an artery! Stop and find a new site, a vein has dark red blood • Don't use an alcohol swab to stem bloodflow by applying pressure to the injection site. The alcohol will prevent clotting and encourage continuous bleeding • Don't leave pre-mixed shots to stand at room temperature • Don't forget to filter