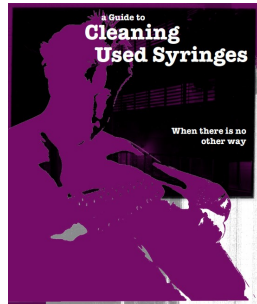


Cleaning up

- If you think you will need to reuse your own syringe and you can't avoid it, please check out the AIVL booklet, *A Guide to Cleaning Used Syringes*. You can find it at Peer Based Harm Reduction WA or online.



- Where ever possible, return your disposal container to the nearest needle and syringe exchange program. You'll be disposing of your used equipment safely and you can swap it for new sterile equipment for free.
- Wipe down the area where you mixed up with soapy water or bleach.



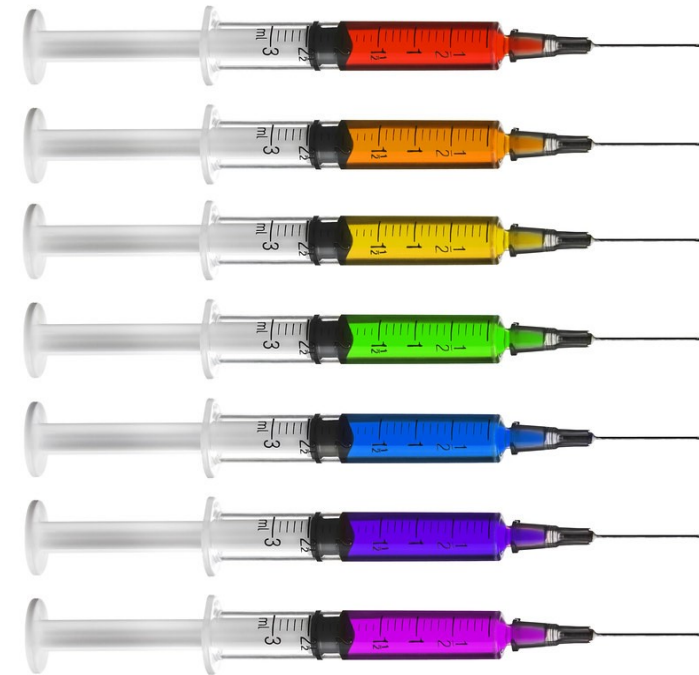
- Don't reuse swabs, filters or open water ampoules as they become contaminated with bacteria once opened. Dispose of this used material.
- When you have cleaned up, wash your hands and arms with warm soapy water. If this is not possible use hand sanitiser or new swabs.

Using in groups

- When injecting with other people, be blood aware. This includes having your own sterile syringe, sterile water, swabs, clean spoons, filters and tourniquets. Keeping your own equipment separate will help reduce the risk of accidental sharing. If you help someone else to inject, always wash your hands first.
- If you do have to divide a mix, everyone will need sterile syringes. If this is not possible, stop and divide the gear while it is dry.
- Follow the directions under "Mixing up" and when it's time to divide the mix, only sterile syringes can go into the spoon to draw up.
- If you only have one sterile syringe, that is the only one that can draw up from the spoon. That syringe can then divide the mix into separate clean spoons and people without sterile syringes can draw up from those. It might take a little longer to do but it can prevent the transmission of blood-borne viruses like HIV, hepatitis B or hepatitis C. Prevention is a shared responsibility.

Want more info?

Peer Based Harm Reduction is a great source of info for users. Our staff are here to answer any questions you may have, provide demonstrations and help you find other printed resources like this one to suit your needs. **You can also find this information on our website at www.harmreductionwa.org/resources/*



A guide to safer injecting

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Street, Perth 6000

P: 9325 8387

97 Spencer Street,
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Safer injecting?

All drug use has a risk of harm associated with it, but there are some things that you can do to help reduce that risk. This brochure is an introduction to safer injecting practices. Remember that Peer Based Harm Reduction WA staff are a great source of accurate information and hands-on experience. We are here to answer any questions you may have. Just ask us!

Preparation

- Make sure the surface you are going to mix up on is clean. If you're mixing up somewhere that you can't wipe down, use the paper bag or the box your equipment came in as a work surface.
- Have everything you need within reach: sterile syringes, sterile water, new swabs, a new filter, a clean spoon and your own tourniquet.
- Wash your hands and arms thoroughly in warm soapy water to help remove viruses, dirt and bacteria. If you can't wash your hands, use hand sanitizer or new swabs to clean them, especially your fingertips. Use several swabs to wipe the dirt away and after that, wipe in one direction with a clean swab to move the dirt away like a squeegee. Allow the swabbed area to dry without wiping it or blowing on it.



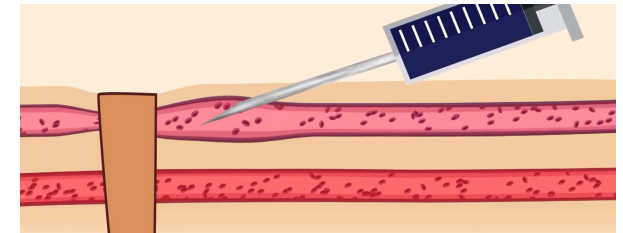
Mixing up

1. Clean the spoon by wiping it in one direction with a new swab and let it dry before you add your gear.
2. Use your sterile syringe to draw up water from a newly opened ampoule of sterile water or cooled boiled water in a clean glass.
3. Add the water and use the blunt end of your sterile syringe to mix.
4. Next it's time to choose a filter and filter your mix. Ask us which filter is appropriate for the drug you are using or check out our "Why Filter Your Mix?" page.*



5. Remove air bubbles by pointing the needle skywards and tapping it on the side. When the air bubbles rise to the top, push the plunger slowly until all the bubbles have escaped.
6. Place the tourniquet above your injection site, but don't tighten it yet.
7. Use multiple swabs to clean your site. Gently agitate one swab after another over the area to loosen germs and dirt until the swab comes away clean. Use one final swab to wipe in one direction across your site, pushing any remaining dirt to one side.

8. Tighten the tourniquet to a light pressure but don't leave it on too long. If you are having trouble finding a vein, release it and then try again. *Check out our *Tourniquets: A User's Guide* brochure for some great tips about using a tourniquet correctly.
9. *For help finding a vein, ask for our *Finding Veins* brochure.
10. Put the needle in your arm at a 45-degree angle with the eye facing up and guide it into a vein.



11. Pull back the plunger slightly and dark red blood will appear in the barrel if you are in the vein.
12. If no blood appears, loosen the tourniquet and remove the needle. Keep the arm outstretched and add pressure to the site with clean cotton or tissue until the bleeding stops. Take a deep breathe and start again, using a different vein and syringe if possible.
13. When you are sure the needle is in a vein, loosen your tourniquet and slowly depress the plunger. If you feel any resistance or pain you may have missed the vein. Do not continue pressing the plunger. Return to step 12.
14. When finished, slowly remove the needle. Keep the arm outstretched and add pressure to the site as in step 12. Don't use a swab to apply pressure as the alcohol can stop blood from clotting.

