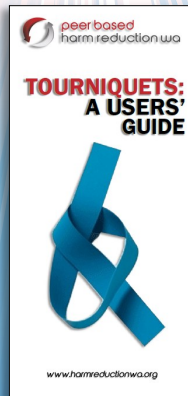
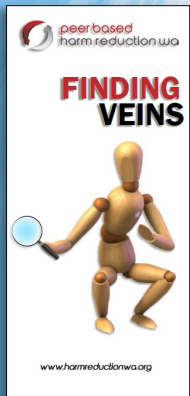
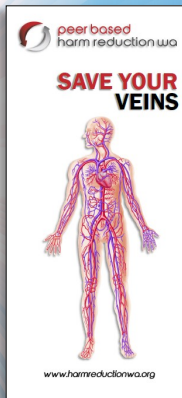
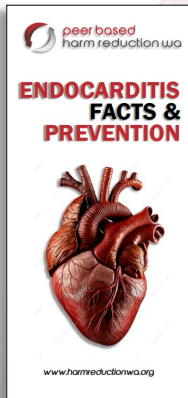
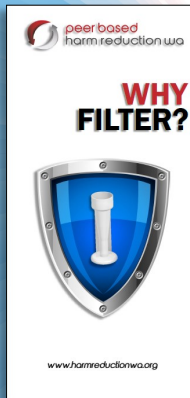


FIND MORE HELPFUL HARM REDUCTION INFO ON OUR WEBSITE:



FIND US IN PERTH:

Suite 22 / 7 Aberdeen St

Phone: (08) 9325 8387

Mon - Fri: 10am to 5pm

Sat - Sun: 1pm to 4pm

Closed on public holidays!



FIND US IN BUNBURY:

97 Spencer Street

Phone: (08) 9791 6699

Mon - Fri: 10am to 3pm

Sat - Sun: closed

Closed on public holidays!



CONTACT US!

 (08) 9325 8387

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WATER HIERARCHY



www.harmreductionwa.org

WHAT'S THE DIFFERENCE?

Harm reduction is a spectrum. There will always be a range of options that fit into a hierarchy from the most safe to the least safe option. Choosing the safest water source possible is a simple step towards preventing injection infections.

This resource lists water sources from the safest to the least safe, helping you choose the best option available to you in any situation.

UNOPENED STERILE WATER AMPOULE

The safest option.

Use once and then discard the rest. Remember, bacteria will begin to grow on anything that is wet. Once the ampoule is opened, it is no longer sterile.

Available at PBHR WA.

30 cents each.



FRESHLY BOILED WATER

1. Wash a saucepan with soap and water.
2. Fill it with fresh water.
3. Bring the water to a boil and allow it to boil continuously for 10 minutes.
4. Allow the water to cool down.
5. Use what you need and then throw the rest away.

Start over from step one each time!



FRESH COLD TAP WATER

Use the cold tap! The water coming out of a hot tap is more likely to contain microscopic particles of heavy metals, bacteria, rust, and scale.

Allow the water to run for a few moments and then draw up from the stream of water directly into your syringe.



UNOPENED BOTTLED WATER

Bottled water is not sterile.

The risk of bacteria is even greater after someone has drunk from it.



FRESHLY BOILED KETTLE

Most kettles only boil for a short period of time and they contain bacteria and scale.

You may be better off using fresh cold tap water.



IF ALL ELSE FAILS...

If you are outdoors and have no access to tap, bottled, or sterile water, you will have to find the safest available alternative.

Avoid puddle water or stagnant outdoor water, as these are highly likely to contain dangerous bacteria, animal waste, and chemical runoff.

Try to find a toilet. Flush first and take water only from the cistern (the tank at the back). Never take water from the toilet bowl.