

SPOT THE RISKS

HOW MANY DIFFERENT RISKS FOR BLOOD BORNE VIRUSES OR OVERDOSE CAN YOU SPOT?

SHOPPING LIST
Milk
Bread
NALOXONE
Get enough
injection equipment
(plus spare)



SPOT THE RISKS

HOW MANY DIFFERENT RISKS FOR BLOOD BORNE VIRUSES OR OVERDOSE DID YOU SPOT?

8 KEY MESSAGES

Injecting any substance comes with risks but there are things you can do to reduce possible harm. Sharing pins, barrels, filters or pots can ALL transmit blood borne viruses like hepatitis C.

1. **ALWAYS HAVE ENOUGH EQUIPMENT** and take more than enough from the Needle Exchange! This includes **BARRELS** – these can contain infected blood and lead to hepatitis C infection or reinfection.
2. Re-using a pin can cause vein damage so if you want to prolong the life of your veins and have a better hit **USE A NEW ONE EVERY TIME.**
3. Most people who catch hepatitis C, do so when they are new to injecting – if other people have prepared your hit **GET TESTED FOR BLOOD BORNE VIRUSES.**
4. **JUST BECAUSE IT'S A KETTLE DOESN'T MAKE IT SAFE.** Although cooled boiled water is better, it can still be contaminated if used before by others.
5. Cups of water can also be contaminated if used by more than one person – **HAS DIRTY KIT BEEN USED IN THAT WATER BEFORE YOU?**
6. Make sure you dispose of your kit safely to remove temptation for it to be used again. **DIRTY KIT DIRTY HIT!**
7. Benzos, alcohol and other downers mixed with opiates can make you more likely to take risks when you inject and can also lead to overdose. **YOU MAY NOT KNOW HOW STRONG THESE DRUGS ARE.**
8. Make sure you always **CARRY A NALOXONE KIT.**

CALL US _____

THE HEPATITIS  TRUST

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