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Blood-borne viruses such as hepatitis C can live outside the body for days (even weeks). Even microscopic amounts (too small to see) of blood can transmit hepatitis C and blood can be transferred from one person to the next while injecting.

So being aware of blood means being alert to what is happening throughout the injecting process so you won't accidentally expose yourself to any viruses. If you think blood, yours or someone else's, has contaminated any surface or equipment you should replace any sterile equipment, re-clean any other things that may have been contaminated, and re-wash your hands before proceeding.