

# Safer Injecting Procedures

## Preparation

When injecting it is important to do so safely and carefully. The best way to play it safe is to always inject with a new fit, new sterile water, new swabs (at least one to swab your spoon and one to swab your injecting site), a clean tourniquet, a clean filter, a clean injecting space, clean hands and an approved disposal bin.

1) Choose a safe space to inject: one that is private, clean, well lit with running water if possible.



2) Use soapy water to wipe down the surface where you'll prepare your hit or lay down the paper bag your equipment came in.



3) Make sure you have everything you need within reach: new sterile fits, new sterile water (or cooled boiled water in a clean glass), new swabs, a clean filter, clean spoon and a clean tourniquet.



4) Wash your hands in warm soapy water. Hand washing is very important to remove viruses, bacteria and plain old dirt from your injecting environment.



5) If you can't wash your hands use single wipes with new swabs to clean them. Rubbing swabs backwards and forwards spreads the dirt and bacteria around.

