

Safer Injecting Procedures

The risks

These posters are written for people who are injecting drugs. There is no completely safe way of injecting drugs. Injecting a drug (rather than smoking, swallowing or sniffing it) carries a much greater risk of overdose, vein damage and infection. The information on this poster is not here to teach you to inject if you are not already doing it, however, if you are injecting, using the information on these posters can help you reduce the risks you are taking.

It is possible to avoid the risks by not injecting:

Heroin can be smoked or sniffed



Cocaine can be sniffed or smoked as crack

Amphetamines can be swallowed, sniffed or smoked as ice

This will do far less damage to your body: you get almost the same dose and it lasts longer. If you are going to inject, read on and find out how to take as much risk as possible out of the injecting process...



Safer injecting technique is injecting with the minimum risk of:

1. Catching viral infections such as hepatitis or HIV



3. Vein damage



2. Overdose



4. Infection from bacteria that get into the blood



5. Passing any infection you may have to others.

