

**NEVER
SHARE**

Cookers.....

Cottons.....

Water.....

**Water
bottles.....**

Syringes.....

**with
ANYONE!**

Sharing works is the same as sharing blood. This happens when you share rigs with someone else. It also happens when you share other drug-using tools that are contaminated with blood. Contamination can happen when any clean drug-using tool comes into contact with a used or "dirty" one.

This means water, water bottles, cottons, cookers and other syringes.

Get all the CLEAN WORKS you need at the NEEDLE EXCHANGE.

- FREE cookers, cottons, alcohol wipes, tourniquets.
- 1-for-1 syringe exchange.
- Health care (abscess treatment, hepatitis vaccines, screening for HIV and hepatitis).
- Referrals to drug treatment.

Call 206-205-7837 for locations and times.



WATER

Once you dip a used point into water, both the water and its container are contaminated or "dirty." Re-using dirty water can spread HIV, hepatitis B, hepatitis C and other diseases.

Always use FRESH, CLEAN WATER:

- to MIX drugs....
- to RINSE your outfit and other tools BEFORE bleaching....
- to RINSE your outfit and other tools AFTER bleaching....

Fresh tap water works fine.

Helpful DOs and DON'Ts for water safety:

DO rinse and dump. Throw away any and all dirty water. Don't keep it around. If you always dump after you rinse, there will be no way to mix dirty water into your works.

DO use three separate water containers – one for each task that needs water: mixing drugs, rinsing before bleaching and rinsing after bleaching.

DO make sure to keep lids matched up with the correct bottle. Number or color-code lids and bottles to keep them matched up.

DO keep your water to yourself.

DON'T re-use spoons, cookers, water bottles or other containers that have had any contact with used water. If you must re-use any of these items, rinse them with water, then bleach, then rinse again with fresh, clean water. If you don't have bleach, you can wash them in HOT soapy water. But bleaching is better...**and using all new tools is best!**



Get all the new, clean supplies you need at the Needle Exchange!

MIXING and Drawing Up

Mixing and drawing up dope involves using everything in your drug kit. This includes spoons, cookers, cottons, syringes and water. **Make sure that each item is clean and has not been contaminated by dirty water, dirty cottons, or used syringes. To be safe:**

DO mix your dope with fresh, clean water. Don't mix dope with water that has already been used.

DO mix your dope with a plunger from a brand new sterile syringe.

DO use a clean cooker and a fresh cotton.

DO use three separate water containers – one for each task that needs water.

DON'T use a spoon or cooker that has been contaminated or touched by a used, non-bleached point, plunger, dirty cotton or dirty water.

DON'T use someone else's used cotton.

Piggy-Backing or Back-Loading

Piggy-backing or back-loading to divide drugs can be risky.

DO make sure that all syringes are brand new or properly bleached.

DON'T use any dirty works for back-loading or piggy-backing.

**Always use a
brand new syringe every time
you inject or divide drugs!**

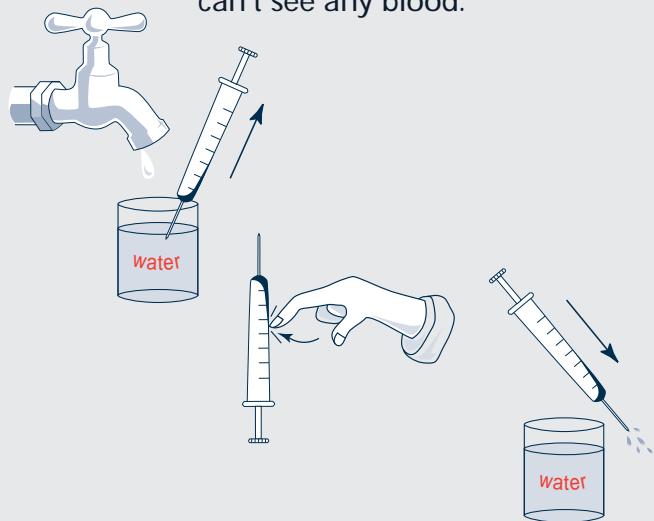


Call 206-205-7837 for locations and times.

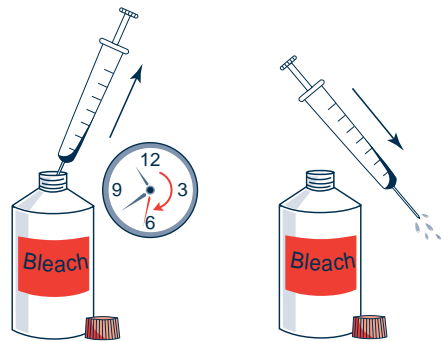
The safest choice is to use a **brand new syringe every time** you inject or divide drugs. If you don't have a brand new syringe, bleaching can lower your risk for HIV ... *but only if you do it the right way.*

Bleach your works in **3** easy steps

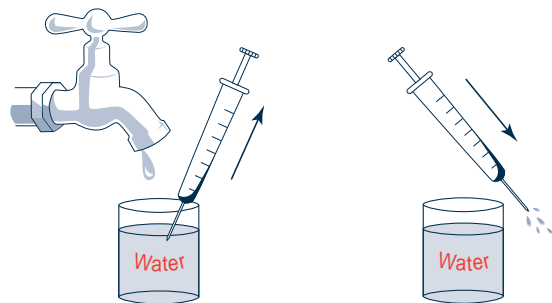
1 Fill the syringe with water. Tap it with your finger to loosen blood drops. Shake the syringe. Shoot out the bloody water. Repeat number 1 until you can't see any blood.



2 Fill the syringe with bleach. Make sure the bleach touches the inside of the syringe for at least 30 seconds. Shoot it out.



3 Rinse out the bleach with **NEW CLEAN** water. Shoot it out.



Using bleach this way can kill HIV. But bleaching for 30 seconds is LESS likely to kill hepatitis. Take away the worry ... use a brand new rig every time!!

Abscess and Wound Care
 Country Doctor Community Clinic
 (serves Capitol Hill)..... (206) 461-4503
 45th Street Clinic (serves mostly
 U-District & Wallingford)..... (206) 633-3360
 Needle Exchange Medical Clinic..... (206) 205-7837
 Pike Market Medical Clinic
 (serves mostly downtown)..... (206) 728-4143
 Pioneer Square Clinic..... (206) 521-1750

Emergency Care
 Harborview Medical Center
 Emergency..... (206) 731-3074
 Urgent Care (non-emergency)..... (206) 731-5867
 Providence Seattle Medical Center
 Emergency..... (206) 320-2111
 Evergreen Hospital Medical Center
 Emergency..... (425) 899-1700
 Overlake Hospital Medical Center
 Emergency..... (425) 688-5200
 Valley Medical Center Emergency... (425) 251-5185
 University of WA Medical Center..... (206) 598-4000

HIV and STD Information and Testing
 HIV/STD Hotline..... (206) 205-7837 (STDS)
 1-800-678-1595
 TTY (206) 296-4843

Drug Treatment and Support
 Alcohol/Drug 24 Hour Helpline..... (206) 722-3700
 Crisis Clinic..... (206) 461-3222
 Community Info Line..... (206) 461-3200

Needles/Sharps Disposal
 Needle Exchange..... (206) 205-7837
 Seattle Public Utilities..... (206) 684-7600



STOP!

Do Not Share!



Alternative formats available

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