

A. Rinse with clean water



In first container, fill up syringe (rig) with clean water



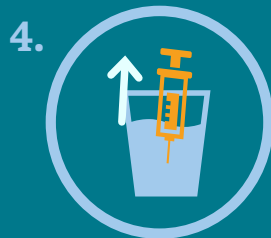
Tap or shake syringe for 30 seconds.



Discard water from syringe.

REPEAT steps 1, 2, and 3 at least once or until water in syringe is clear (no blood).

B. Disinfect with pure bleach



In second container fill up syringe (rig) with bleach.



Tap or shake syringe for 30 seconds.



Discard bleach from syringe.

C. Rinse with clean water



In third container, fill up syringe (rig) with new, clean water.



Tap or shake syringe for 30 seconds.



Discard water from syringe.

Because viral hepatitis can survive on surfaces (even if you can't see blood), cookers (like a spoon) should also be cleaned with water and bleach.

Wash your hands before cleaning your syringes.



You will need three clean containers (cup, bowl, jar, etc.), clean water, and bleach.

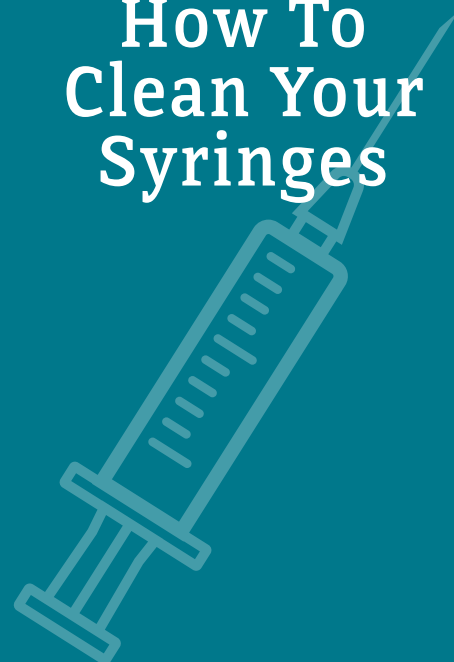


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How To Clean Your Syringes



For more information on HIV and hepatitis call **1-800-CDC-INFO (232-4636)**. To locate a testing site for HIV or hepatitis visit **gettested.cdc.gov**. For information on substance abuse treatment, call **1-800-662-HELP (4357)**.



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If you do share, cleaning your syringes can greatly reduce your risk for HIV and hepatitis.



If possible, always use a new, sterile syringe and never share any injection equipment.

Remember...