








HARM REDUCTION SAFER USE SUPPLIES

safer injecting


item	best practice	without access to this item
	<p>Water is required to dissolve drugs prior to injection. Pre-packaged sterile water is best to use, and water boiled in a kettle is also a safe method.</p>	<p>Using possibly contaminated water from a sink tap, toilet bowl, or puddle can lead to abscess wounds, bacterial infections, and Hepatitis C.</p>
	<p>Drugs are mixed with water in a cooker. A single-use clean cooker made from stainless steel or aluminum is best.</p>	<p>Sharing cookers can transfer bacteria and infectious diseases such as Hepatitis C which can live on surfaces for weeks.</p>
	<p>A single-use piece of cotton is used to filter out any solids left in the drug solution.</p>	<p>Used filters can harbor bacteria, viruses and mold, and re-using can cause bloodstream infections often referred to as 'cotton fever.'</p>
	<p>A single-use alcohol swab to clean any bacteria from the injection site.</p>	<p>Injecting without cleaning the site can push bacteria or fungi into the bloodstream, leading to life-threatening blood, heart, and joint infections.</p>
	<p>A new sterile syringe should be used for every injection to avoid transfer of infectious diseases and dulling of the needle tip.</p>	<p>Sharing syringes can transfer infectious diseases including HIV and Hepatitis C, and reusing a dull needle can cause damage to veins and muscles.</p>

HARM REDUCTION SAFER USE SUPPLIES

safer smoking

item	best practice	without access to this item
	A Pyrex pipe with rubber mouthpiece does not conduct heat like some other materials, so burns are less frequent.	Using plastic, copper, or soda cans that emit toxic fumes when heated, or thin glass like light bulbs that break easily, leads to cuts and burns.
	Porous brass metal makes for a safer screen for smoking drugs. They are non-toxic and do not break down when heated.	Using steel wool (Brillo), which can break apart when heated, can burn the lips, mouth, and throat, and damage the lungs.

safer sniffing

item	best practice	without access to this item
	Use of a new clean straw each time to avoid transfer of bacteria and virus through blood vessels in the nose.	Re-using or sharing straws or using rolled-up dollar bills which can transmit bacteria and infectious diseases such as Hepatitis C.



@BmoreHRC



It's important to use clean equipment with **EVERY** use, which could be multiple times per day!

BaltimoreHarmReduction.org