

## SAFE INJECTING PRACTICES 2



The use of intravenous drugs is one channel through which infections such as HIV and hepatitis C can spread. If you are going to use them, however, there are some methods you should consider in order to reduce this risk to a minimum.

- You should not inject alone in case you have an accident or an overdose. Remember however, that you should never share the needle or other material with other people.
- You can label your equipment to stop it from getting mixed up with someone else's.
- As regards the little bag containing the citric acid, never use lemon juice or vinegar as this may cause infections and kidney damage.
- Remember that each bag of citric acid is for a single use. Only use a small amount of citric acid from the bag. Otherwise you could irritate the injection point and damage your veins.
- If you take more than one drug at a time, remember that their effects may increase. This could lead you to take decisions that are riskier for your health or even to suffer an overdose.



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ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
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TROPICAL DRASSANES



¿TIENES DUDAS  
SOBRE EL TEMA?  
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(Material adapted from the Safer Injecting guide by Merchants Quay Ireland)