

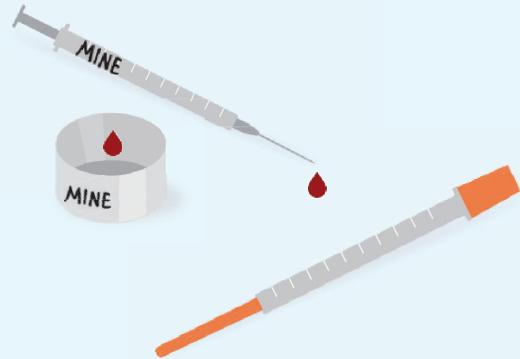
Safer Injecting Strategies

**Use Sterile Injection Equipment.
Avoid Reusing or Sharing.**



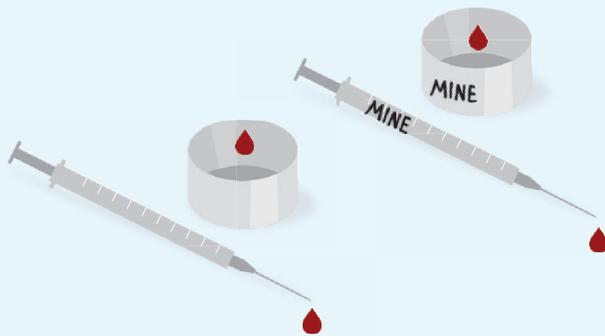
Your blood may end up on any item you touch or use when injecting, including syringes, cookers, cottons, water, and ties. Use new, sterile equipment each time you inject.

Have a New Spare Sterile Syringe To Split Drugs.



Get an extra syringe for splitting drugs. Use an extra sterile syringe to split drugs, using your own cooker and cotton. Avoid drawing up from a cooker if someone else has used it. There may still be blood on it.

**If You Must Reuse Equipment,
Then Mark Yours.**



Avoid sharing any injection equipment. **The virus is alive in blood outside the body.** If you must reuse, keep a set of works with markings on it so you know it's yours.

**If You Must Share a Syringe,
Then Bleach It.**



If you must share a syringe, then clean it with bleach and sterile water.
Step 1: Rinse the syringe with sterile water.
Step 2: Rinse the syringe with bleach.
Step 3: Rinse again with (new) sterile water.

Additional Prevention Strategies

Use Sterile Tattoo and Piercing Equipment and Single-Use Inkpots.



Ensure sterile equipment, including inkpots, is used and **not shared** by others.

Avoid Sharing Toothbrushes, Razors, and Nail Clippers.



Household Items: Have your toothbrush, nail clipper, and razor clearly identified. Seek care if you have dental problems, including bleeding gums, abscesses, or other dental issues.

Use Your Own Snorting Straws and Crack Pipes.



Snorting Straws: Snorting drugs can cause irritation to the inside of your nose, which may lead to bleeding. To be safe, use your own straw when snorting cocaine or others drugs.

Crack Pipes: A hot stem may burn or crack lips which can cause bleeding. Use your own pipe, or cover a shared pipe with your own rubber stem cover.

Use Condoms and Lubrication, and Get Tested.



Sexual Transmission: Hepatitis C can be transmitted through sex that involves blood-to-blood contact, such as during anal sex, rough vaginal sex, or while a woman is menstruating. Risks increase if you have multiple sex partners, or have been diagnosed with any STIs or STDs, including HIV. Using condoms and lubrication and getting tested or treated for STIs and STDs can protect both you and your sexual partners.

Liver Care Tips

Reduce Alcohol Consumption.



Moderate-to-heavy drinking can increase your risk for developing fibrosis and cirrhosis. Since there is no safe cutoff for people with hepatitis C, **reducing the amount you drink, or not drinking at all, is the safest option.**

Review Your Medications and Supplements.



Discuss all over-the-counter, prescribed medications, and herbal supplements with your doctor because **some may be hard on your liver.**

Get Hepatitis A and B Vaccinations.



There is no vaccine for hepatitis C, but there are vaccinations for hepatitis A and hepatitis B. If you have hepatitis C, get vaccinated for both hepatitis A and B to protect your liver.

Get Emotional Support.



Because of the stigma attached to hepatitis C and injection drug use, it's not always easy disclosing your status to friends, family, and even healthcare providers. Accessing hepatitis C services and support groups can be helpful for gathering resources and sharing your feelings in a safe, non-judgmental, and confidential environment.