

IMPORTANT  
INFORMATION FOR  
I.V. DRUG USER'S



# IF SHARING RIG'S



**STEP #1**  
BLEACH THE  
NEEDLE **TWICE**,  
PULLING PLUNGER  
ALL THE WAY BACK  
TO FILL WITH  
BLEACH



**STEP # 2**  
**"IMPORTANT"!!!**

WHEN RIG IS FULL OF  
BLEACH, **SHAKE** AND LEAVE  
IN RIG FOR **30 SECONDS**

**STEP # 3**



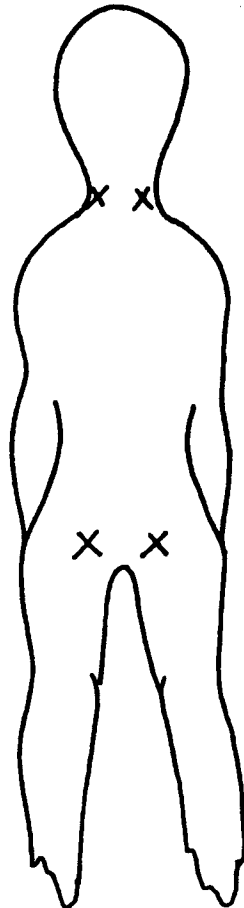
AFTER BLEACHING  
CLEAN RIG **TWICE**  
(OR MORE) WITH  
PURIFIED OR  
BOILED WATER

HELP PREVENT THE SPREAD OF  
INFECTIONS LIKE HIV, HEPATITIS  
AND STAPH.

**DO NOT SHARE**  
WATER, SPOONS OR FILTERS.

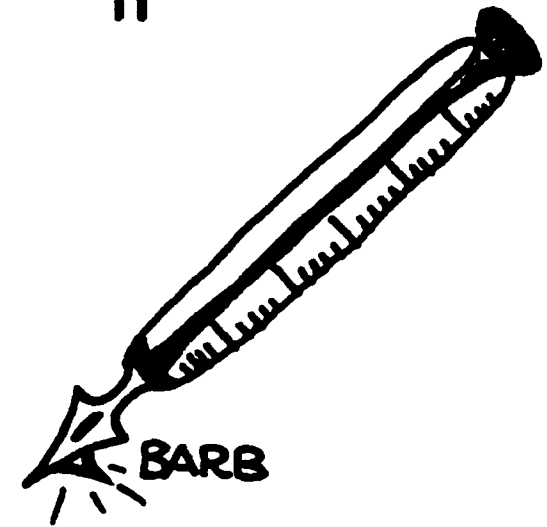
TO PREVENT ABSCESSES,  
CELLULITIS ENDOCARDITIS AND  
OTHER INFECTIONS:

- BEFORE FIXING, CLEAN  
AREA WITH ALCOHOL PAD.
- ALWAYS MIX DRUGS WITH  
PURIFIED OR BOILED  
WATER.
- REMEMBER TO CHANGE  
INJECTION SITES OFTEN  
YOUR VEINS WILL LAST  
LONGER.
- USE A CLEAN SPOON AND  
FILTER
- EVEN WHEN REUSING YOUR  
RIG, STERILIZE IT WITH  
BLEACH THEN RINSE WITH  
WATER



**DO NOT**  
FIX IN JUG OR  
GROIN AREA  
BECAUSE OF  
SERIOUS BLOOD  
CLOTS &  
HEMORRAGE

**WHEN FIXING,**  
- INSERT YOUR NEEDLE  
THIS SIDE UP



**BARBED RIGS CAUSE...**

- INFECTION
- CALLOUSES
- SCARS

**MAINTAIN YOUR VEINS.**  
**USE A NEW RIG EACH TIME**  
**(IF YOU CAN)!**

# SAFER SEX: SAFETY TIPS

FOR  
\* FREE & CONFIDENTIAL \*

1



- OPEN CONDOM PACKAGE CAREFULLY.
- RINGS OR LONG FINGERNAILS MAY TEAR THE RUBBER

2

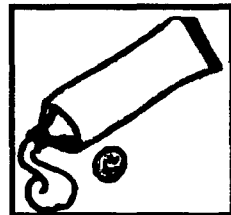


- PINCH THE AIR FROM THE TIP.
- UNROLL THE CONDOM ALL THE WAY ONTO THE PENIS.



- SOON AFTER THE MAN COMES, PULL OUT WHILE HOLDING ONTO THE CONDOM.
- UNROLL THE CONDOM - BE VERY CAREFUL NOT TO SPILL CONTENTS (CUM).
- THROW AWAY CONDOM.

4



- ALWAYS USE A WATER-BASED LUBRICANT (ie. KY JELLY).
- DO NOT USE OIL BASED LUBRICANTS VASELINE, CRISCO, ETC. (THESE CAN CAUSE THE RUBBER TO BREAK).

5



- KEEP CONDOMS STORED IN PACKAGE UNTIL NEEDED.
- DO NOT KEEP THEM IN WALLETS, POCKETS, ETC. FOR LONG PERIODS OF TIME.
- CHECK EXPIRY DATES.

- FOR ANAL SEX, 2 CONDOMS AND EXTRA LUBRICANT ARE RECOMMENDED.
- NEVER USE A CONDOM MORE THAN ONCE.

## CONDOMS PROTECT YOU AND YOUR PARTNER

FROM PREGNANCY & INFECTIONS LIKE HIV,  
HEPATITIS B, GONORRHEA AND OTHER KINDS  
OF V.D.

- TESTING FOR HIV / AIDS / HEPATITIS
- COUNSELLING & INFORMATION ON SEXUALLY TRANSMITTED DISEASES & FREE TREATMENT
- PREGNANCY TESTING
- TB TESTING
- HEPATITIS B VACCINE, FLU VACCINE
- WART TREATMENT
- VEIN MAINTENANCE
- OTHER HEALTH CONCERNS
- REFERRALS (MEDICAL, DENTAL...)

### STREET OUTREACH NURSES

- 1170 BUTE ST. 660-7949  
Mon - Thurs. Noon to 6:30 pm
- 219 MAIN ST. 660-9695  
Mon - Friday 10 am to 5:30 pm
- SEYMOUR ST. 660-6776  
Mon - Friday 1pm to 11pm

### OTHER COMMUNITY RESOURCES

DCHC	255-3151
NATIVE HEALTH	254-9949
DOWNTOWN EAST SIDE	685-4488
YOUTH ACTIVITIES SOCIETY	
STREET YOUTH SERVICE	662-8822
NEEDLE EXCHANGE	685-6561
WORKERS	
B.C. AIDS LINE	872-6652
	1-800-972-2437
PACIFIC AIDS RESOURCE	681-2122
CENTRE (PARC)	
VANCOUVER DETOX	660-6656
CORDOVA DETOX	682-3674
YOUTH DETOX	251-7615
GRANVILLE SOUTH DETOX	251-2517