

FILTERING

First, clean your hands with soap & water, or wipe your fingers with an alcohol swab.

After mixing your dope (see info inside) filter it if you've used a powder/tablet. If you don't filter, you risk injecting some of the powder, which can clog your veins and cause major health problems.

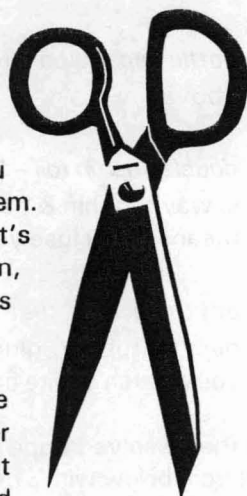
It's important that you use a clean filter every time, because fungus & bacteria can grow in old filters. You can use:

- ☞ a clean cigarette filter
- ☞ the corner of an alcohol swab; let it dry out for a minute
- ☞ a piece of a clean gauze bandage


Whatever you're using, cut the piece off instead of tearing it -- tearing makes loose fibers that can make you very sick if you inject them.

For this reason, it's not good to use cotton, because cotton fibers are loose and sharp.

Filter as you're drawing up. Put the filter in your cooker or stick it on the end of your rig and draw the dope through the filter into the needle.



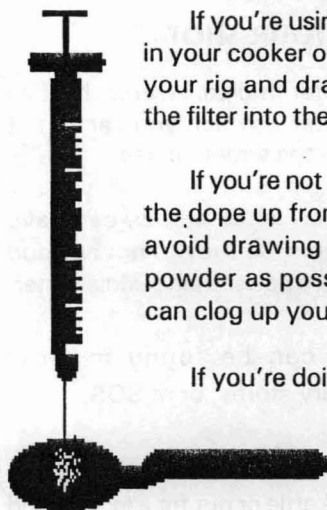
This pamphlet is produced by AIDS Vancouver Island's Street Outreach Services, with info from the Inner South Community Health Services AIDS Prevention Team, Australia.

 AIDS Vancouver Island

DRAWING UP

If you're using a filter, put the filter in your cooker or stick it on the end of your rig and draw the dope through the filter into the needle.

If you're not using a filter, just draw the dope up from your cooker. Try to avoid drawing up as much of the powder as possible, as this powder can clog up your veins.



If you're doing a shake-and-bake, put the coke in the barrel of your syringe, add water, and you're ready to go. Shake-and-bakes have a higher risk of infection, because you're not filtering your dope (and whatever it's cut with), so if you have the time filtering is better.

When your dope is in your rig, point the needle up and push the plunger up until all the air is out. When a drop of liquid appears at the end of the point, you are ready to go.

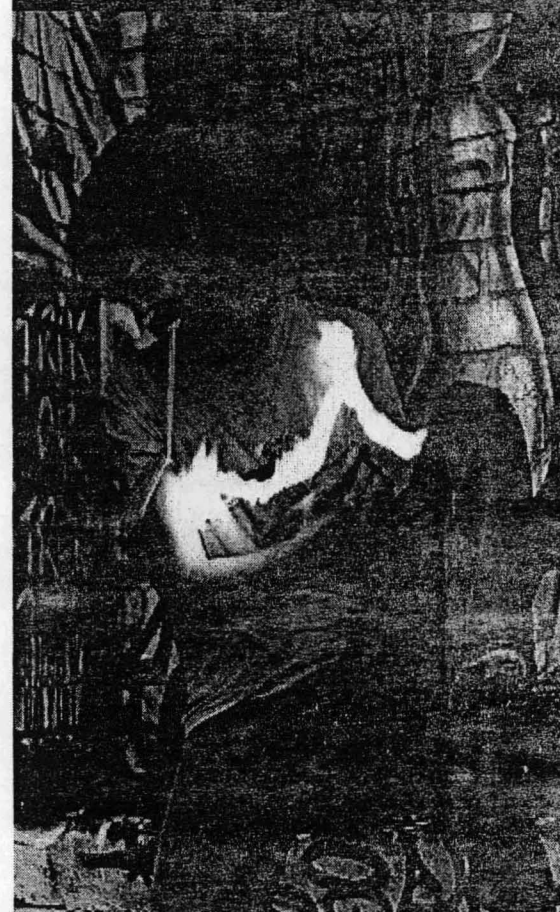
Make sure your needle stays as clean as possible by not letting it touch anything else. If you put it down, put the cover back on first.

Now choose your site, clean it with an alcohol wipe, and go!

If you're not sure about which sites are safe for mainlining, muscling, or skin-popping, come ask the staff at S.O.S. or the street nurses. They can help show you what is and isn't safe.

*QUESTIONS? COME TALK TO US AT S.O.S.,
1220 COMMERCIAL ALLEY (BEHIND PIZZA HUT
ON YATES ST.), OR CALL US AT 364-1345.*

SAFER NEEDLE USE



Using Tips #2
Getting your
shot ready

GETTING YOUR SHOT READY

PREPPING YOUR DOPE

Get your syringe ready before you start prepping your dope. If you're using an old rig, clean it by rinsing three times:

2x clean water, 2x bleach, 2x clean water

Each time, draw up into the syringe, shake, then squirt out; repeat. This will help kill viruses/bacteria lurking in the syringe.

Put your rig close by, with the cover still on the needle.

TABLETS

Tablets are made to be swallowed, & there is no completely safe way of injecting them. The chalk in tablets is a major cause of vein collapse and blockage. Because of the way they're made, Diconal & Tuinal are especially dangerous; people have lost arms/legs from shooting them, & there is more risk of abscess. So whenever possible, swallow tablets rather than shoot them.

But if you are shooting tablets, of any kind, here's how to prep them:

- 1) Crush the tabs as fine as talc with two spoons rinsed with boiling water (preferably new spoons, if not new then cleaned with bleach & then rinsed w/water).
- 2) Mix your shot as you would with powder -- see info to the side.
- 3) When you're drawing up, filter at least once to avoid drawing up any of the powder.

Demerol, some forms of morphine, & steroids come ready to shoot - don't need to do anything except draw it up.

It's safest not to share vials, just like not sharing rigs. If you are sharing vials, make sure that the needles you're using to draw up are new/clean, otherwise you can contaminate the entire vial with Hepatitis, HIV, etc. Even a tiny bit of infected blood can infect the whole vial.

VIALS

MIXING YOUR SHOT

Dissolve your powder in clean water. If at all possible, use sterile water -- which you can get at most drugstores, or from the street nurses.

Other types of water, listed below, can have impurities & germs in them, so they're not as good as sterile water, but they're better than puddle water.

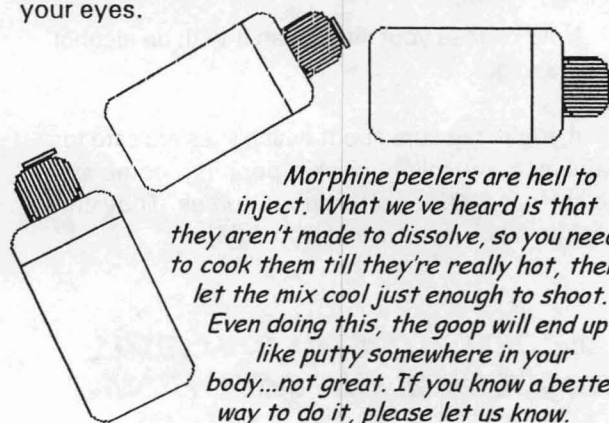
☞ *Distilled water* - can be found in most pharmacies & grocery stores, or at SOS.

☞ *Boiled water* - Let it cool first. Don't use water that has been sitting in a kettle or pot for a long period of time.

☞ *Tap water* - Make sure that it is clean and cold. Warm or hot tap water may contain a greater number of germs than cold tap water.

Whatever kind of water you're using, don't reuse the bottles, as the plastic is porous and can therefore get infected with bacteria/viruses.

To help the powder dissolve, use Vitamin C powder (from a drugstore). Do not use lemon juice, as it may contain a fungal infection that can damage your eyes.



COOKING

If your cooker isn't new, wash it with a clean cigarette filter/tampon/gauze pad soaked in bleach, then rinse it with fresh water. The bleach kills bacteria & viruses, and the water rinse cleans the bleach off so you're not mixing bleach with your dope. Hepatitis A, B, and C, as well as HIV, can be transmitted by sharing cookers. As well, bacteria can grow on your cooker. *The amount of heat you use to dissolve your dope is not enough to sterilize anything.*

If you don't have a spoon, you can use the following as cookers:

☞ *pop can* -- clean it with water & bleach as above to get the sugary stuff off, and to prevent contamination from someone's spit (which can contain Hepatitis A)

☞ *bottle cap* -- clean it with water & bleach as above

☞ *doubled up tin foil* -- NOT cigarette foil, which is way too thin & has little holes in it (which means you'll lose your dope)

☞ *anything else that's metal* -- and has no plastic, rubber, glue or anything else that could catch on fire or melt

Put the dissolved dope in a clean cooker, then heat from below with a match or a lighter. Heating it doesn't sterilize it, but it does help dissolve the drugs.

HINT: If you get into the habit of setting up your rig before you start prepping your dope, then you won't have to worry about whether or not you remembered to clean your rig once your dope is ready to go.