

**NOTE 1:**

Have the people at Fixpunkt show you how you can "correctly" wash your hands and how to properly clean blood-contaminated surfaces and objects.

**NOTE 2:**

Objects that can be easily confused with others should be kept in personal receptacles and/or labeled (with a permanent marker) with your name.

**NOTE 3:**

Fixpunkt offers Nevershare syringes and clean cups in different colours (white, yellow, pink, green, blue). In case of consuming together with other people accidental sharing can be avoided.

**NOTE 4:**

Muddle makes trouble -if your are consuming together other people it is important to chose your own place for all your utensils.

**NOTE 5:**

If you don't inject yourself be sure that your helper has washed and/or disinfected his or her hands before he or she is touching your injection site (before or after injecting)!

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ENGLISH

Fixpunkt Safer Use Infos



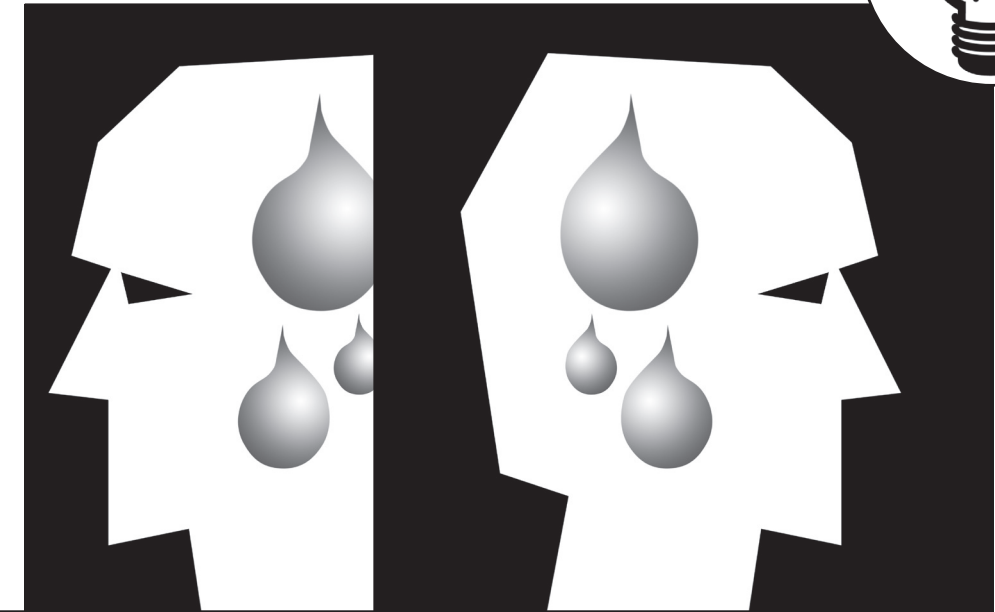
**Further information and contact:**

- mobilix@fixpunkt.org
- www.fixpunkt.org

Last update: May 2013

**Fixpunkt**

Reichenberger Str. 131  
10999 Berlin



**Hygiene**

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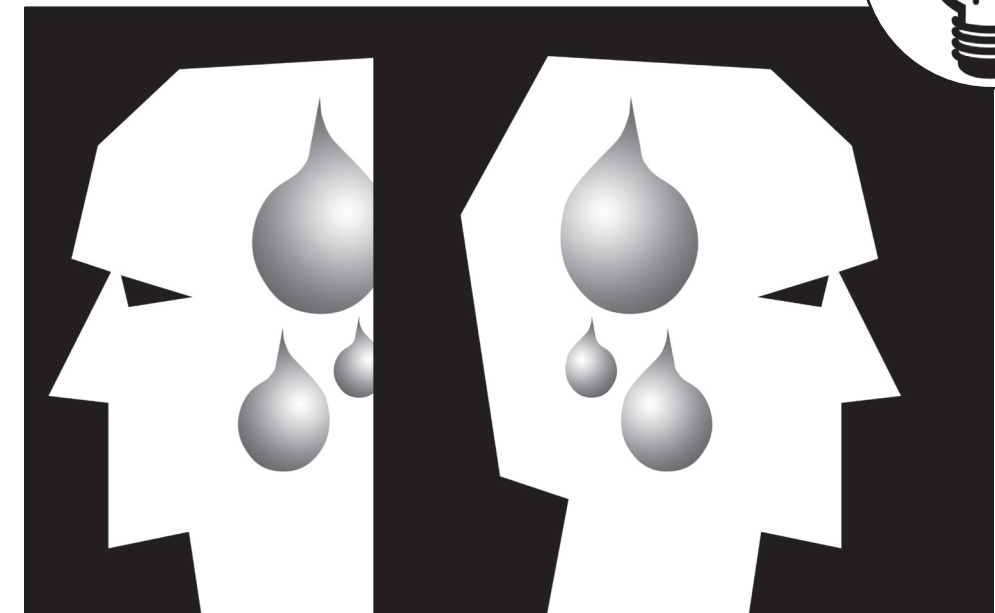
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**Hygiene**

Through our many years of direct experience we know that many intravenous drug users' knowledge of Hepatitis C (HCV) is still insufficient. This applies particularly to the so-called "infection risks" of using particular objects and improper hygiene.

For this reason we have decided to increase our efforts to provide information about hygiene and risks of infection!

*This flyer contains information about **HYGIENE AND PROTECTION FROM HIDDEN INFECTION RISKS***

#### WHAT CAN YOU DO IN ORDER TO NOT INFECT YOURSELF OR OTHERS WITH HEPATITIS C?

Hepatitis C is VERY contagious. Even the smallest, undetectable amount of blood is enough to infect someone. In addition, the Hepatitis-C virus can survive for a long time in dried blood. So blood-spotted objects can cause infection after many days. This is the biggest difference from the AIDS virus and probably the reason that HIV/AIDS is currently not as widely spread as Hepatitis C.

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It is, therefore, very important that you develop a so-called "Blood aware-ness" This means: think about where, when and how, in your daily life, you come into contact with blood (yours or others') and how you can avoid such contact or make it safe.

Actually, everyone knows that syringes and canulas should never be shared.

But there are also many so-called "hidden risks" in the use of certain objects. For example:

- other using objects like spoons, water, filters, a glass or cup
- surfaces on which injection instruments are laid (table, paper, ...)
- tattoo and piercing instruments which are not properly sterilized
- Toothbrushes
- Razors
- Nail clippers

Of particular risk are

- the (sometimes accidental) sharing of blood-contaminated objects
- treating other peoples' wounds

The most important thing is, therefore, **very good hygiene** especially when injecting but also in your "normal life", in other words, at home, when treating wounds, etc.

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#### WHAT SHOULD YOU PAY ATTENTION TO?

- Washing your hands (with warm water and soap for at least 15 seconds, also clean under your fingernails).
  - before and after injecting
  - before and after treating your own or others' wounds and after any other contact with blood
- Using sterile injection instruments
- Using your own straw to snort drugs
- Only using your own toothbrush, nail clippers, nail file, razor
- Using disposable gloves to treat others' wounds
- Properly cleaning blood-contaminated surfaces and objects, ideally with bleach or disinfecting solution
- Securely disposing of needles, syringes, cannulas, and other blood-contaminated objects (tissues, cotton swabs, tampons, etc.)
- Only getting acupuncture, piercing and tattoos done where good hygiene standards are followed (Note: make sure that the tattoo or piercing artist properly disinfects his/her hands before beginning)
- Using condoms

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