When possible, learn how to safely inject on your own so you don’t have to depend on someone else to inject you.

Wash your hands with soap and water for 20+ seconds.

Clean the skin before every injection.

Use clean, sterile water, a cotton filter, and a disposable cooker.

If you need to dissolve your drugs, use as little acid (vitamin C) as possible.

Use a new syringe for each injection.

Use your own equipment. Don’t share.

Put used syringes in a thick, plastic sharps container.

If you are smoking with a glass pipe, please remember:

- **Use your own mouthpiece or pipe** to prevent infections.
- Keep particles out of your lungs. **Put filters in place** with a wooden pusher.
- **Use PYREX® (borosilicate) pipes** and a reliable heat source.
- Drink water, use lip balm, and **chew gum** to keep your mouth and lips moist and to help prevent cracks or blisters.

If you are snorting, please remember:

- Look at your drugs. Do they **smell, feel, and taste** like they should?
- Snort off of a fresh, **clean surface**.
- **Use a clean, new, disposable straw or spoon** - don’t share.
- Rinse your nostrils. If they get irritated use lip balm or vitamin E oil.

If you are injecting, please remember:

- **When possible, learn how to safely** inject on your own so you don’t have to depend on someone else to inject you.
- **Wash your hands** with soap and water for 20+ seconds.
- **Clean the skin** before every injection.
- Use **clean, sterile water**, a **cotton filter**, and a **disposable cooker**.
- If you need to dissolve your drugs, use **as little acid (vitamin C) as possible**.
- Use a **new syringe for each injection**.
- Use your own equipment. **Don’t share**.
- Put used syringes in a thick, plastic **sharps container**.

Empower yourself and the people you care about. Learn what you can do to reduce the risk - and increase the benefits - associated with substance use.

www.perinatalharmreduction.org