



Some bacteria can make you unwell,
let's give **BACTERIA** the boot
A guide to reducing your risk of infection

ENVIRONMENTAL HYGIENE

- ✗ DON'T inject in unclean areas
- ✗ DON'T use unclean water
- ✗ DON'T share anything

"If you can, use a sterile water/ampoules"



Always prepare on a clean surface, if it's not available why not try; foil, newspaper, magazine, kitchen roll.

- ✓ DO clean the surface
- ✓ Do dispose of everything
- ✓ DO use new equipment every time

"Keep your area clean, no used needles to be seen"



PERSONAL HYGIENE

Ensure you wash your hands every time you prepare and inject drugs

BACTERIA can make you feel unwell and cause:

- ☀ Wounds;
- ☀ Wounds to get worse;
- ☀ Body odour;
- ☀ Sepsis



lets minimise your risk by choosing the cleanest area and washing your hands and sites

The bits we miss when washing our hands



- ☀ Sometimes missed
- ☀ Frequently missed



Better hygiene and reducing **bacteria** will prevent you from getting unwell

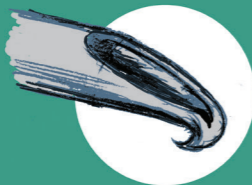


Let's give **BACTERIA** the boot

Wound dressings are available from your local pharmacy under minor ailments. To see if you can get these for free just ask or visit: <https://www.gov.scot/publications/nhs-minor-ailment-service-local-pharmacy-2/>

INJECTING HYGIENE

Reusing needles that are blunt cause more damage to the skin and veins and may cause a wound - **Bacteria** love to grow inside wounds



A needle becomes blunt after passing through the skin just once

Once a needle has been used it will be **contaminated** with bacteria, the longer they are kept the more bacteria will grow.

Only use needles, syringes, spoons and filters **ONCE**

SALIVA

Bacteria in your mouth can be very harmful

AVOID:

- licking needle;
- hand/mouth contact;
- licking/touching wound;
- spit in drug mix

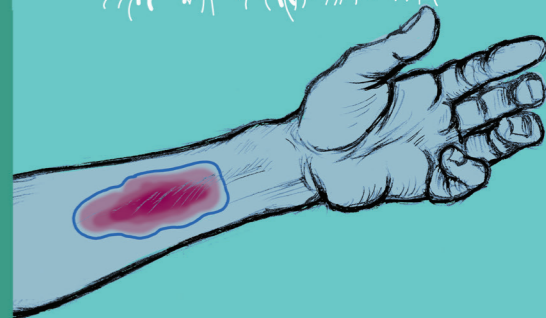
"Share a lick and you could get sick"

WOUND HYGIENE

How you can manage your wounds:

- keep them clean;
- avoid touching/picking;
- if it's wet cover it up - **dressings** are available for **free** from your pharmacy as part of minor ailments (see back page)

If you think your wound is getting worse, draw a circle around it and watch it closely:



- if it gets **bigger**, seek advice from your GP or health professional;
- if it's getting **smaller** this means it should be ok but you should still seek any medical advice if you have any concerns.