

SAFE INJECTING FACTSHEET

This factsheet provides important tips and information about injecting safely and reducing the risks of HIV and other infections like hepatitis B and C.

Always use new needles and equipment



Why It's important:

- Using clean, new needles and injecting equipment every time helps prevent HIV, hepatitis B, and hepatitis C.
- Even small amounts of blood can spread infections, so using new, clean equipment helps protect yourself and others.
- New equipment also reduces bruising and vein damage, keeping your veins healthier.

Get your equipment for free at local needle and syringe programs (NSPs)

Where to get new equipment?

- Local NSPs provide free, clean needles, syringes, and injecting equipment.
- NSPs are safe places where you can access supplies without judgment.

Safe disposal of used equipment



Dispose of your needles safely

- Once you're done, return syringes to your local NSP or use a sharps bin.
- If you don't have access to a sharps bin, dispose of needles in something hard like a bottle with a lid or a puncture-proof container to protect others.

Getting support and information



If you're struggling or need help:

- There are support services available at NSPs, and some are run by people who inject drugs too.
- If you have questions or need advice, reach out for support.
- Getting help is okay—there's no shame in reaching out for support.

What if you've shared needles?

No shame in seeking help:

- If you've shared needles, don't be shame to get support or yarn to someone.
- You can still prevent HIV if you take PEP (Post-Exposure Prophylaxis) after a risk.
- PEP is a medication that must be taken within 72 hours after a possible risk and continued for one month.

**Stay safe:
Follow these steps when injecting**

1

Wash your hands with soap and warm water before mixing anything.



2

Cover the area where you're preparing with clean paper.



3

If your tourniquet has blood on it, don't use it — get a clean one.



4

Wash any blood off your hands with soap and warm water before injecting.



5

If you're helping others, wash your hands between each injection.



6

Dispose of needles and any bloody clothes safely.



For more information, support, or to find NSPs in your area:

www.usmobandhiv.org.au/support-directory/injecting-drugs/

Testing regularly for HIV and other infections

Protect yourself and your partners:

- Regular testing for HIV and other infections is an important part of staying healthy and preventing the spread of disease.
- Talk to your Aboriginal medical service or doctor about getting tested.

Other factsheets:

- HIV Testing
- Treatment as Prevention
- PEP (Post-Exposure Prophylaxis)
- PrEP (Pre-Exposure Prophylaxis)

Other resources:

- Us Mob and HIV Booklet
- Us Mob and HIV Website
- Better Know Website
- Get PEP Website



Services for information and support:

- AIVL
- Drug User Organisations
- Needle and Syringe Programs (NSPs)
- State and Territory HIV Services
- Organisations to find Aboriginal Medical Services
- Organisations for People with HIV
- Positive Aboriginal Torres Strait Islander Network (PAT SIN)
- Anwernekenhe National HIV Alliance
- Health Equity Matters

