

# Step-by-Step Guide to Safer Injection



Minimize risks and protect your health  
with these essential practices for safer injection



## Prepare Your Space

Always use a new, sterile needle and syringe for each injection



## Wash Your Hands

Thoroughly wash your hands with soap and water



## Use New, Sterile Equipment

Always use a new, sterile needle and syringe for each injection



## Select and Clean Your Injection Site

Choose a site and clean it with an alcohol swab



## Prepare the Drug with Sterile Water

Use sterile water to mix your drugs in a sterile container



## Filter the Solution

Always filter the solution through a sterile filter (cotton, tampon, sterifilt)



## Air Out

Tap the syringe to move air bubbles to the top and gently push the plunger to expel them



## Inject With Care

Insert the needle at a 45-degree angle. Inject slowly and steadily



## Safely Dispose of Equipment

Immediately dispose of needles and syringes in a sharps disposal bin



## Aftercare

Apply a clean bandage to the injection site



Taking these steps can significantly reduce your risk of infection and injury. Remember, you're not alone. Support and resources are available.