



New injecting equipment is now available through Victorian NSPs

It may take some time for the new equipment to reach your NSP – please be patient.

Here are some tips for staying safer while you work out what equipment is best for you.

Avoid sharing ANY injecting equipment.

Needles, syringes, filters, swabs, spoons, tourniquets and water. Every time you share you're risking Hepatitis C and HIV.

Plan ahead.

When you go to the NSP, get some extra needles and syringes and sharps containers so you don't run out or have to reuse fits. Needles blunt after the first use and get blunter each time

Slow down.

Take your time and there is less chance of injuring yourself.

Having problems?

Start again, using new equipment.

Regularly change or rotate where you inject.

Give your veins a break. If you learn to inject with both hands, it will help to keep your veins healthy.

Take care of your injecting sites.

Seek treatment for any injuries.

Spread the word.

If you find things that work for you tell your mates. If you know people having issues, suggest they speak to staff at the NSP.

**If you are having issues with the new equipment – speak to your
NSP worker.**