

Taking Care of Yourself When Using

Knowing Your HIV Status

- ⦿ Consider getting an HIV test. There's a good chance you haven't been infected yet. Knowing that you don't have HIV may help you try to stay uninfected.
- ⦿ If you are infected, it's important to see a doctor as early as possible.
- ⦿ Call Multnomah County Health Department at (503) 988-3775 for an anonymous HIV test.

Reducing Risks for HIV and Hepatitis C

Always use new, sterile rigs (syringes), cottons, cookers, and water with every injection. Use rigs and all other injection equipment only once. **If you need to share gear, we strongly recommend cleaning gear:**

- ⦿ Fill the rig with water to clean out any blood. Squirt the water out. Do this 3 times.
- ⦿ Next, fill the rig with straight bleach, shake it for a minute and squirt it out (not back in the bottle). Do this 3 times.
- ⦿ Then, fill the rig with fresh water to wash out the bleach. Squirt it out. Do this 3 times.
- ⦿ Also, clean your cooker with bleach & water.
- ⦿ Always use clean cotton.

Bleaching significantly reduces risk of getting HIV; bleach reduces risks of getting or giving Hepatitis C but does not kill all of the virus. Cleaning is definitely better than doing nothing at all.

It's hard to take the time to do all of these steps, but if you want to prevent HIV and viral hepatitis, do it as carefully as you can...every time. Remember: sharing is dangerous, even if it's with friends or family or sex partners!

Consider buy new syringes at a drug store; you don't need a prescription. Or, use needle exchange sites to trade used rigs for clean ones. See Needle Exchange hours for Portland and Vancouver. Or, call (503) 280-1611 for recorded information about exchange locations and times. You don't have to give your name.

Taking Care of Others

- ⦿ Don't leave dirty rigs lying around. **Use needle exchange sites to trade used rigs for clean ones.** See Needle Exchange hours for Portland and Vancouver or call (503) 280-1611 for recorded information about exchange locations and times. No names!
- ⦿ If you're thinking about having a baby or are already pregnant, get an HIV test soon.
- ⦿ If you have vaginal, anal or oral sex with a man or a woman, be sure to use a latex barrier (condom) to keep yourself and your partner safe. Talk to your partner.
- ⦿ Use new or sterile needles or wire for tattoos or body piercing.

Thinking of Quitting?

If you're ready to get into treatment or if you need support to stay clean, call the Oregon Alcohol & Drug Helpline at (503) 244-1312.