

**PROTECT YOURSELF FROM  
HEPATITIS! AVOID OTHER PEOPLE'S  
BLOOD BY DOING THE FOLLOWING:**

- Wash your hands, injection site, and tourniquet with soap and water **before** injecting. Alcohol pads are also good for cleaning your skin **before** injecting.
- **Use brand new, never used** syringes, cotton, filters, and cookers.
- Prepare drugs on a cleaned surface. If that's not possible, try using a new sheet of paper, newspaper or magazine.

- Use clean or sterile water for mixing and rinsing. Use **different** clean or sterile water for rinsing than you used for mixing.
- After getting off, press a clean absorbent pad (like a safety square) over the injection site to stop the blood. **Don't use alcohol pads or fingers to stop the blood.**
- Cover the injection site with a bandaid.

**IF YOU HAVE HEPATITIS....**

- Avoid drinking beer or alcohol.
- Use the absorbent cotton pad only once and then throw it away.

**WHERE CAN I LEARN MORE ABOUT HEPATITIS?**

American Liver Fdn **1-800-GO-LIVER**  
Hepatitis C Connection **1-800-522-HEPC**

Hepatitis Fdn Int'l **1-800-891-0707**  
Local # \_\_\_\_\_

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**WHAT IS HEPATITIS? WHO IS AT RISK?**

- Hepatitis B and C are viruses that attack your liver. They can cause liver disease and cancer. There is a hepatitis B vaccine. There is no vaccine to prevent hepatitis C, but you **can** lower your risk of getting infected.
- You are at high risk for hepatitis B or C if you inject drugs.
- It is easier to get hepatitis B or C than to get HIV/AIDS in you inject drugs.
- Fresh blood can spread hepatitis B or C. You can get hepatitis B if you touch dried blood that has the virus in it.
- You can be infected with the hepatitis virus for 20 years or more without knowing.
- **YOU CAN PROTECT YOURSELF FROM HEPATITIS B AND C INFECTION?**

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