

## HARM REDUCTION SUPPLIES - Injection supplies

**Why provide injection supplies?** Sharing injection supplies puts people at risk for HIV, hepatitis B and C. All new all the time and never share equipment.



**Needles with syringes** (Slang: rigs, sharps) – 1cc is standard – ½ cc also available - personal preference.



**Needle tips** – various sizes (gauges) available – (the higher the number the thinner the needle tip) - higher-gauge needles are often preferred by PWID because they can be less painful and less likely to result in vein damage. Lower gauge preferred for intra-muscular injections (i.e. steroids).



**Syringes** – 3cc and 5 cc - smaller syringe barrels are preferred by PWID, larger are appropriate for injection of anabolic steroids or hormones which may require a greater volume of liquid when dosing.



**Sterile water vials** – drugs may be sold as powder, crystals, rocks or tablets. To reduce the risks of vein damage and infections, the drugs should be dissolved in sterile water when injected. Use sterile water every time – alternative to contaminated/unsterile water (ex. puddle water). Note: packaging says not for injection use – developed for hospitals / not for use in a hospital setting for injections/fine for this purpose.



**Stericups** (cookers) – Used as a vessel to mix drugs with water and heat up. Stericups are a sanitary alternative to spoons, bottle caps etc. Colour coded (like wine charms) to reduce accidentally using someone else's. Stericups come with a **pad** – to blot injection site and **filters** which are used to absorb the drug solution from the cooker and filter out any binders (chalks or waxes) particles. A safer alternative to tampons, cigarette filters.



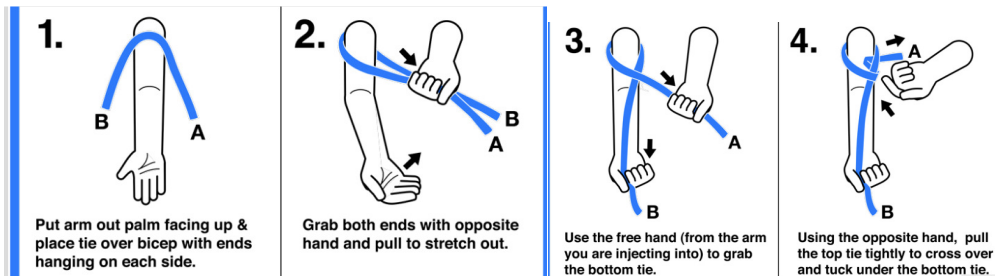
**Ascorbic acid (Vitamin C)** – used to help break down crack or some types of heroin for injection. The acidifier is added to the drug and water solution in the container or “cooker” to dissolve the drug before injection. Common acidifiers include ascorbic, citric, and acetic acids. Ascorbic acid (Vitamin C) comes as a white powder that can be dissolved in water to form a mild acidic solution.



**Alcohol swabs** – to clean hands and injection site. Swabs may also be used for safer smoking to wipe down a pipe. To reduce the risk of transmission a new swab should be used every time.



**Tourniquets:** to “plump up” the veins, can be re-used, tie for easy release to avoid trauma to the skin and veins. Always remove before injecting.



**Sharps containers:** personal and larger – important that supplies are disposed of safely – return sharps to Public Health or harm reduction site for safe disposal.