

Don't forget...

Never share any injecting equipment, use everything only once.

If you have any wounds, lumps or bumps, get professional help.

You can get free clean works at the Spittal Street Centre, the mobile NEON bus or your local Hub.

If you want to talk to someone after you have finished your Hep C treatment, please speak to a nurse or your GP about your worries.

Help is available.

Please remember

- Practise safe injecting
- Practise safer sex
- Avoid activities or sharing belongings where blood might be present.

**Your treatment is not a guarantee
– you can catch Hep C again**

Get more information on:

Hepatitis at www.hepatitisscotland.org.uk

Harm Reduction at www.crew2000.org.uk

Same Sex Relationships at: www.waverleycare.org

Sexual Health at www.lothiansexualhealth.scot.nhs.uk

For more copies contact **0131 465 5448**

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Protect yourself and others: Hepatitis C Re-Infection

Your current treatment for Hepatitis C does not stop you from getting infected again.

Injecting is a major way of getting or passing on blood-borne viruses, like Hepatitis C.

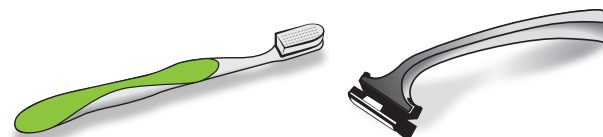
If you are using drugs, do not go back to injecting

Try a different way of taking drugs, like smoking, swallowing or snorting



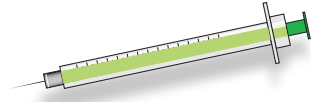
Using condoms will lower your chance of passing on or getting Hep C.

Use your own toothbrush and razors.



Safer injecting

- If you can avoid injecting, do so
- Use **clean unused works every time**
- You can get free new sterile equipment from needle exchanges: needles, syringes, cups and filters
- Never share **any** works
- If you reuse YOUR OWN needles, get coloured never shares, so you know what stuff is yours
- If someone asks to borrow your equipment, say No
- Always put used works in a sharps bin
- Do not re-cover the needle first.



Safer sex

- You can get free condoms, dams and lube at needle exchanges and sexual health clinics
- Losing your inhibitions can lead to you taking unnecessary risks
- Alcohol and drugs can make you forget about being safe
- Group sex and ChemSex parties can be especially risky
- Don't do anything sexually or with drugs you do not want to do.



Gay Men's Health (c)

New Psychoactive Substances (NPS)

- NPS are water soluble, it is safer to drink them
- If you do inject, only use clean unused needles and supplies
- **Always** filter your drug
- **Do not use** vit C/citric acid to dissolve your NPS's
- **Do not share** a communal cup, filter or water (for flushing or dissolving)
- Keep your injection site and your hands clean.



Look after yourself

- If you're taking steroids, performance or image enhancing drugs, always practise safe injecting
- Reduce alcohol intake or stop completely
- If you go for acupuncture, a tattoo or piercings, make sure the equipment is sterile and you trust the individual
- Get regularly tested.

