### 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 Fdn Int’l 1-800-891-0707
- Hepatitis C Connection 1-800-522-HEPC
- Local # _____________________

### 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.

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