

WASH BLOOD AND BACTERIA FROM YOUR HANDS!

It's simple. It's quick. It works.

WHY?

Hand washing reduces the risk of blood borne virus or a 'dirty hit'.

WHEN?

Always wash your hands before and after injecting yourself or others.

If you're injecting multiple people, always wash your hands between them.

HOW?

1. Wet your hands and lather up with detergent or soap.

Tip: Pump packs are best but the trick is to get it super sudsy.

2. Friction is the key! Rub well between each finger, your wrists, front and backs - get in all the creases.

Tip: Rub as long as it takes to sing a verse of happy birthday!

3. Rinse under running water, holding hands down.

Tip: Warm is best if you can get it.

4. Use a paper towel to dry your hands then turn the tap off.

Tip: Paper towel has the least germs. a clean cloth towel is next best. NOT your shirt LOL!



You can't always see blood and bacteria on your skin - but they're there.



ON THE GO?

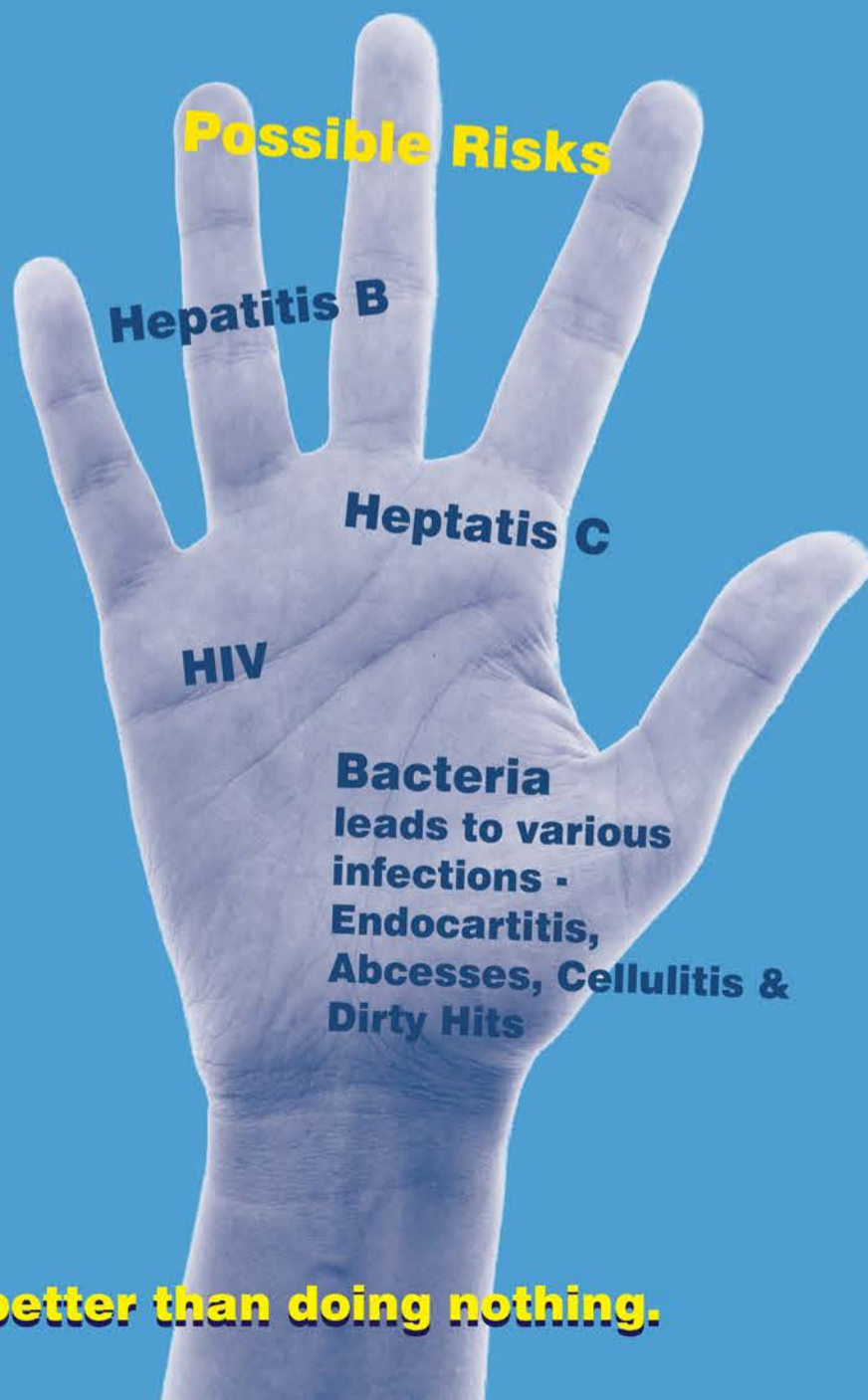
USE FRICTION - RUB WITHOUT SOAP, OR USE SWABS, SANITISER OR FINCOL

WANNA GO TOP DRAWER?

REMOVE DIRT WITH A MEDICAL WASH AND WATER THEN MAKE SURE BACTERIA IS GONE BY USING A SANITISER

FLU SEASON?

HYGIENE ISN'T JUST ABOUT DRUG USE. WASHING YOUR HANDS PROPERLY AND USING A SANITISER AFTER YOU SNEEZE OR COUGH CAN HELP PREVENT TRANSMISSION OF FLU & COLD VIRUSES



Remember! Doing what you can is better than doing nothing.