

3 - 2 - 1 FOR PREVENTION

3 steps to clean syringes

- 1: Rinse** syringe with cold water - draw the **water** all the way up to the top of the barrel, then squirt it down the drain. Do this at least twice.
- 2: Rinse** syringe with bleach - draw the **bleach** all the way up to the top of the barrel, then shake the syringe for 30 seconds. Squirt the bleach down the drain. Do this step twice.
- 3: Rinse** syringe again with **water** at least twice.

2 steps to clean cookers and tattooing/piercing needles

- 1: Rinse** cooker (spoon, bottle cap or whatever you use) or tattooing/piercing needle under cold **water**.
- 2: Soak** cooker or tattooing/piercing needle in a glass of **bleach** for 2 minutes. Rinse with cold **water**.

1 step to clean tattoo guns

- Use 1 part **bleach** to 9 parts **water** to **wipe down or rinse** tattoo gun.

BLEACH KILLS HIV.

IT DOESN'T KILL HEPATITIS C, BUT IT CUTS DOWN THE AMOUNT OF VIRUS AND IS BETTER THAN USING NOTHING.

Feel confused? Worried? Need more information? Want to be tested?

I would like to see the nurse.

Name: _____

First Three Numbers of Your FPS: _____

If you're looking for more information, you can also contact CATIE (Canadian AIDS Treatment Information Exchange) toll-free at 1-800-263-1638

1) http://i.ehow.com/images/GlobalPhoto/Articles/2138330/Germs_Full.jpg
2) <http://www.spn.usace.army.mil/archaeology/bottles/cloroxp.jpg>
3) <http://kaneisha.com/wp-content/uploads/2009/05/condoms-2.jpg>
4) http://www.ascentcare.com/images/pro_dentaldam.jpg
5) <http://static.howstuffworks.com/gif/tattoo-2.jpg>
6) <http://www.idento.biz/images/injection2.jpg>

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Go Home Healthy

KNOW THE FACTS

Protect yourself
Protect your family
Protect others



HIV AND HEPATITIS IN PRISON

CHECK IT OUT

How do I get HIV or hepatitis C?

- ▶ When HIV- or hepatitis C-infected blood enters your body and gets into your bloodstream.
- ▶ When you use:
 - injecting equipment (needles; works)
 - a crack pipe
 - a straw (or anything else for snorting)
 - tattooing (gun and inks) or piercing equipment ...that was used by someone else.
- ▶ When you have sex without a condom or dental dam.



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You can be infected and not even know it.

You can also pass an infection on to your family and friends.

How can I keep myself safe?

Don't use someone else's injecting, tattooing, piercing, snorting or crack smoking equipment.

If you do, clean it with **bleach**.

Never use someone else's tattoo ink as there may be blood in it.

Use a condom or dental dam when you have sex.

**BLEACH, CONDOMS AND DENTAL DAMS ARE AVAILABLE.
NO QUESTIONS ASKED.**



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DON'T TAKE AN INFECTIOUS DISEASE HOME

HIV is a virus that affects your ability to fight infections and can lead to **AIDS**.

- It hides in blood, semen (cum), and vaginal fluids.
- You can get HIV if you have unprotected sex.
- You can also get it from using needles, works, snorting equipment, crack pipes, tattooing needles, guns, inks, and piercing equipment that someone else has used.
- There is no vaccination and no cure for HIV or AIDS, but treatment is available to control the virus.

Hepatitis B and C are viruses that harm your liver; both can lead to severe liver damage and liver cancer.

Hepatitis B:

- Hides in blood, semen (cum), and vaginal fluids, just like HIV.
- You can get a vaccination to prevent yourself from getting hepatitis B.

Hepatitis C:

- Hides in blood.
- If you have unprotected sex with someone who has blood in their semen (cum) or vaginal fluids, you could get hepatitis C
- There is no vaccination for hepatitis C.
- Treatment is available. It can help some people clear the virus.



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