

NEEDLE EXCHANGE LOCATIONS

Springfield | S.H.a.R.I.

(217) 528-5253 | Phoenix Center
109 E. Lawrence Ave | Springfield, IL

Champaign | S.W.A.P.

(217) 841-1408
201 Kenyon Rd. | Champaign, IL

Peoria | J.O.L.T.

(309) 966-3643
1411 NE Adams | Peoria, IL
hours: Saturdays 10-2

VA Illiana HCS & Community Based Outpatient Centers (CBOCs):

- N 1900 E. Main St., Danville, IL
- 7717 N. Orange Prairie Rd., Peoria, IL
- 5850 S. 6th St. Frontage Rd. East, Suite A, Springfield, IL
- 501 Lakeland Blvd., Suite D, Mattoon, IL
- 792 N. Sunnyside Rd., Decatur, IL

For more information call 217-274-6907
and/or check out the Harm Reduction
Coalition, Getting Off Right Safety Manual
at harmreduction.org.

Safe Injection Practices

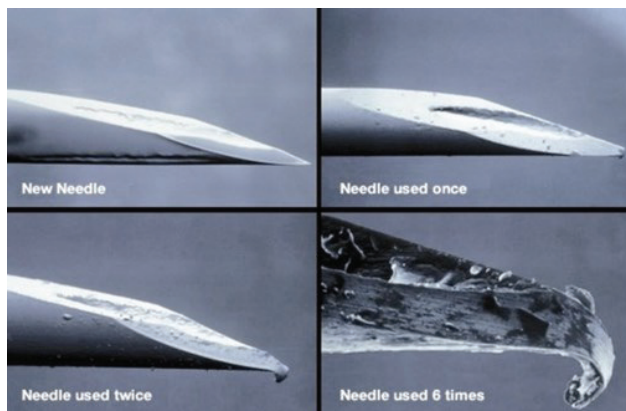
For people who inject drugs

*“We are committed
to providing you with
the care you need...
We can help.”*

If you are currently using IV drugs, please read these tips for keeping yourself as safe as possible.

SAFE INJECTION: NEEDLES

Never share needles or syringes. HIV and hepatitis can be spread by sharing needles. If you must, always try to use a new needle and syringe for each injection. You can get new needles from a needle exchange program.



This is how a needle looks under a microscope after use.

Reuse and Cleaning

If you must reuse needles, clean them after every use by:

- Drawing cold, clean water into the syringe to rinse the needle and syringe.
- Drawing household bleach into the syringe.
- Keeping the bleach in the syringe for two minutes while shaking.
- Rinsing out the bleach using clean, cold water.

If you don't have bleach, use hydrogen peroxide, rubbing alcohol, or high-proof drinking alcohol (vodka, rum) to clean.

Cookers and Spoons

Make sure to clean your spoon or cooker before use.

1. Rinse with clean water
2. Soak in bleach for two minutes
3. Rinse completely.

Do not share cookers and spoons. HIV, Hepatitis C, and other infections can be spread this way.

Dissolving Solids

- If using an acid, use vitamin C powder.
- Do not use lemon juice or vinegar.
- Do not crush pills using your mouth or teeth.

Cottons/Filters

1. Use clean, 100% cotton from a Q-tip or cotton ball to filter your drug solution. *(Do not use cigarette filters. Cigarette filters have small pieces of glass. If the cigarette has been smoked, harmful substances can get into the injection.)*
2. Do not share or reuse cotton.
3. Do not try to get drugs from used cotton. The used cotton contains harmful fungi and bacteria.

Skin

- Always wash your hands before handling your equipment.

- Clean the skin with alcohol before injection.
- Do not lick the skin or needle.

Water

The safest water is **sterile water** you buy from a drug store or pharmacy. **DO NOT** buy sterile "saline" (salt water) because your drugs may not dissolve in it. If you don't have sterile water, use water that you have boiled for at least 10 minutes. If you don't have either of these, use cold tap water or bottled water. Never use water from the toilet bowl. If you use toilet water, take water from the tank.

Proper Storage and Disposal

Always store your new needles and syringes in a cool, dry place away from others.

Store used needles and syringes in:

- Sharps container
- Coffee can
- Spaghetti sauce jar
- Soda bottle
- Laundry detergent bottle or similar container

Do not flush used equipment down the toilet. Take your used equipment to a needle exchange program. If you can't, throw it in the garbage after packing it in a puncture-proof container.