

## 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

- 1: 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?

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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](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](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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Correctional Service  
Canada

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# Go Home Healthy

## KNOW THE FACTS

Protect yourself  
Protect your family  
Protect others

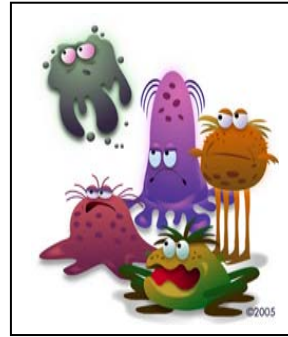


## HIV AND HEPATITIS IN PRISON

## 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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