

# KEEP it CLEAN



## Did you know?

Skin and soft tissue infections are caused by bacteria that live on the skin and other surfaces.

Up to one third of injecting drug users will have an injecting-related infection in any one year.

## Untreated injected-related infections can result in:

- DEATH
- Loss of toes, limbs, feet
- Deep Vein Thrombosis
- Stroke

# Prevention

## Do

- Always wash your hands before injecting
- Always use a new needle for every injection
- Rotate injecting sites
- Always use new clean paraphernalia
- Keep the injecting site clean

**Try to switch from injecting to smoking**

## Don't

- Lick the needle prior to injecting
- Use excessive amounts of citric or vitamin C
- Cut into an abscess

**Try to avoid skin popping and intramuscular injecting**

Cellulitis



Abscess



Necrotising fasciitis (flesh eating disease)



**Always seek immediate medical advice for injecting-related infection either from your GP or Emergency Department**