

# Syringe Safety During COVID-19

*COVID-19 is a virus spread through a respiratory droplets in a cough or sneeze. Do what you can to take care of yourself and your loved ones.*



## Find your space

Try to find a space with a flat surface where you're comfortable, can take your time, and can prep at again. If you inject with another person present, try to keep an arms distance away. Wipe surfaces with bleach or at least 60% alcohol.



## Wash your hands before you start prepping

**Wash your hands for 20 seconds before and after injecting (sing "Happy Birthday" twice).** Using soap and running water is best but hand sanitizer is better than nothing. Clean the skin where you are going to inject with an alcohol pad. Allow the skin to dry. After you inject, blot with a dry tissue. If you need help, make sure whoever helps washes their hands first.



## Use once and get a disposal container

The best way to keep safe is to use your injection supplies once and never share with others. Throw out used injection equipment in a syringe disposal container. **Ask your pharmacist for a free disposal container.**



## Be prepared with supplies

Go to your local pharmacy or syringe service provider (SSP) for injection supplies. If you're prescribed medication, ask your medical provider if you can get a one-month supply.



## Know where and when to get help

Go to a doctor if you have a fever, cough, troubled breathing, or signs of infection. If you feel like you're getting sick don't go to the pharmacy or your local SSP for syringes. Ask a friend to get you supplies instead or ask your SSP if they can deliver. **You deserve safety, health, & happiness.**

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Oregon COVID-19 Information | *Stay informed*

<https://www.oregon.gov/>

Syringe Service Program | *Find a local resource near you*

[www.nasen.org/map/](http://www.nasen.org/map/)

Syringe Disposal | *Find a local disposal location*

[www.safeneedledisposal.org](http://www.safeneedledisposal.org)

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