

## DON'T BE ASHAMED TO TAKE CARE OF YOURSELF!

Lots of people do things they're ashamed of. Rich important people, from presidents to preachers to TV stars all have stuff they are ashamed of. But drug injectors face a lot more risks than those guys!



Next time you use a bathroom to get off, give yourself credit for doing the right thing.

Next time you freshen up in a bathroom mirror, tell yourself

*You're Gorgeous!*

## REALITY CHECK!

You should be proud of taking care of yourself, but most people still don't want you getting off in their bathroom. Don't expect them to agree that you are taking care of yourself! Duh!

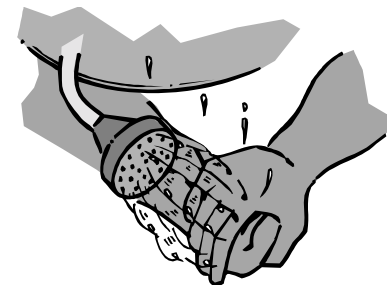
Another great thing about having a sink: *you can clean up any mess you make!* That may be the best thing you can do to guarantee you can use the bathroom or sink again.



This flyer is brought to you by your friends at  
HARM REDUCTION COALITION  
NY: 212/213-6376  
CA: 510-444-6969  
[www.harmreduction.org](http://www.harmreduction.org)

**EVERYONE** is entitled to take care of themselves, whether they use drugs or not. Learning to take care of yourself takes time and thought. Talk to your friends, find out what they know

THINK ABOUT HOW YOU INJECT!

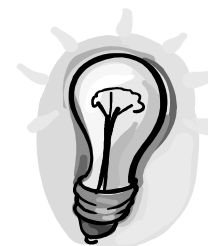


THINK

SINK!!

THINK

LIGHT!!



You may already know the information here,  
but what do you think about it?  
Take a look. You may feel different when you  
are done reading.

## WE ALL KNOW:

Heroin, coke, speed and other drugs are illegal.  
Laws make it hard to use easily or safely.

*BUT every time you use safely, you are  
protecting yourself and others.*

People don't want you to get off  
in their bathrooms

*BUT every time you get off near a sink, it  
makes your injection safer.*

- You can wash up before AND after you get off.
- Plenty of water to mix your shot
- Plenty of water to rinse out your syringe if you need to use it again!
- *Plus you can freshen up in the mirror!*



## THINK SINK!!

### Did you know?

Washing your injecting spot with soap and water is as good as alcohol. It may even be better. Alcohol just kills stuff, *but soap and water washes it away!* Needle exchange programs provide alcohol pads and sometimes you don't have a place to wash up before you get off. But soap and water is best!

## THINK LIGHT!!

If you pick a sink that's got lots of light, that's even better. Trying to get a hit in poor light blows veins, blows shots, and wastes time. Especially if you're in a hurry, picking a place with decent light will **SAVE YOU TIME!**



So what's  
the point?

Other people may not like it that you get off. You may not like it yourself. **That doesn't change what you need to do when you get off!**

People want you to suffer so that you'll stop using drugs. This includes:

- Getting infected with HIV, Hepatitis, endocarditis and abscesses
- Blowing your veins
- Getting busted
- Overdosing
- Death

**All in the name of taking care of yourself!**

You don't have to agree!  
Chances are, you know more about the harms of your drug use than they do.