

How To Clean Your Syringes

- If possible, always use a new, sterile syringe* and never share any injection equipment.
- A disinfected syringe is not as good as a new, sterile syringe, but it can greatly reduce your risk for HIV and viral hepatitis.
- Wash your hands before cleaning your syringes.
- You will need three clean containers (cup, bowl, jar, etc.), clean water, and bleach.

To clean a syringe correctly, you must do **all nine steps** below:

A. Rinse with clean water



1. In first container, fill up syringe (rig) with clean water



2. Tap or shake syringe for 30 seconds.



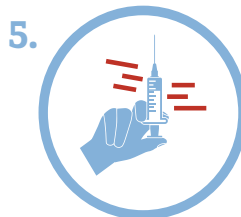
3. Discard water from syringe.

REPEAT steps 1, 2, and 3 at least once or until water in syringe is clear (no blood).

B. Disinfect with pure bleach



4. In second container, fill up syringe (rig) with bleach.



5. Tap or shake syringe for 30 seconds.

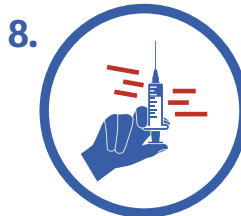


6. Discard bleach from syringe.

C. Rinse with clean water



7. In third container, fill up syringe (rig) with new, clean water.



8. Tap or shake syringe for 30 seconds.



9. Discard water from syringe.

Because viral hepatitis can survive on surfaces (even if you can't see blood), cookers (like a spoon) should also be cleaned with water and bleach.

For more information please visit www.cdc.gov/hiv

* In this fact sheet, the term syringe includes a syringe and needle as a single unit.