


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

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), you should clean cookers with water and bleach.

Preparing to Clean

Wash your hands before cleaning your syringes.



You will need three clean containers (cup, bowl, jar, etc.), clean water, and bleach.



2

How To Clean Your Syringes



For more information on HIV and hepatitis call **1-800-CDC-INFO (232-4636)**. To locate a testing site for HIV or hepatitis visit gettested.cdc.gov. For information on substance use disorder treatment, call **1-800-662-HELP (4357)**.



Scan to learn more!

1



If you do share, cleaning your syringes can **greatly reduce your risk for HIV and viral hepatitis.**



If possible, always use a **new, clean syringe** and **never share** drug injection equipment.

Remember...