

WATER RISKS

If you use water to prepare an injection that has been in contact with someone else's used syringe you could catch HIV or hepatitis C!

VIRAL INFECTION: NO RISK (UNLESS SHARED)



UNOPENED AMPOULE OF STERILE WATER FOR INJECTIONS

Manufactured for medical use, so therefore completely safe if used once and surplus is thrown away.

BACTERIAL INFECTION: NO RISK

NO RISK

VIRAL INFECTION: NO RISK (UNLESS SHARED)



WATER BOILED IN A KETTLE AND THEN COOLED

Good enough: will kill all organisms, is easy for most, and isn't too much trouble. If you haven't got a water amp, use water from a recently boiled kettle.

BACTERIAL INFECTION: VERY LOW RISK

VIRAL INFECTION: NO RISK (UNLESS SHARED)



COLD WATER FRESHLY RUN FROM THE KITCHEN TAP

Likely to come from the rising main, and, in the UK, will be very clean. Better than water from the bathroom which may have come from a tank in the loft!

BACTERIAL INFECTION: LOW RISK

VIRAL INFECTION: NO RISK (UNLESS SHARED)




BOTTLED WATER

It may be pure, but it can have high levels of bacteria – especially if someone has drunk from it. Distilled water is not manufactured for human consumption, and can be worse still.

BACTERIAL INFECTION: MEDIUM TO HIGH RISK

VIRAL INFECTION: NO RISK (UNLESS SHARED)



HOT WATER FROM A TAP

Hot water tanks aren't usually hot enough to kill bacteria – avoid using hot water taps, cold is better.

BACTERIAL INFECTION: MEDIUM TO HIGH RISK

VIRAL INFECTION: NO RISK (UNLESS SHARED)




TOILET WATER

Everyone knows someone who's done it. Risk can only be reduced by flushing the toilet and catching the water before it enters the bowl.

BACTERIAL INFECTION: HIGH RISK

VIRAL INFECTION: NO RISK (UNLESS SHARED)



PUDDLE WATER

Better to catch rain water on plastic, and use that.

BACTERIAL INFECTION: HIGH RISK

VIRAL INFECTION: HIGH RISK



PART-USED AMPOULE OF WATER FOR INJECTIONS

High risk of viral infection if someone else has used it. Even if it's your own, the bacteria count will quickly be higher than tap water. **Throw away part-used amps.**

BACTERIAL INFECTION: HIGH RISK

HIGH RISK

VIRAL INFECTION: HIGH RISK



SHARED CUP OF WATER

High risk: water may contain HIV or hepatitis C viral particles – especially if it has been used for flushing/cleaning.

BACTERIAL INFECTION: HIGH RISK

HIGH RISK