



如何正确使用毒品注射?

共用或重复使用注射器是非常危险的，因为它能传播诸如丙肝和其它类型的病毒，比如艾滋病病毒和乙肝病毒，这些病毒可以通过哪怕是肉眼看不到的极微量血液进行传播。

What if I inject drugs?

Sharing or re-using injecting equipment is very risky for contracting hepatitis C (hep C) and other viruses, such as HIV and hep B, because they are transmitted through blood, even in tiny amounts too small to see.

如何与他人共同注射?

与他人共同注射时，一定要记住使用您自己的注射器，给您个人一个清洁的空间。一定要小心沾在您手上、衣服上和器皿上的血液。记住，一个个血液分子是极其微小的，有的甚至是肉眼看不见的。

Injecting with other people

When injecting with others, always remember to use your own equipment and your own clear space. Be aware of blood on hands, clothes or equipment. Remember that blood particles can be very small and may not be visible.

如何重复使用或共用注射器?

重复使用或共用他人的针头或注射器是非常危险的，因为上面会沾有他人的微量血液。漂白、冲洗针头和注射器这种无奈之举并不能保证病毒不被传染。

Re-using or sharing a syringe

Sharing or re-using someone else's needle or syringe is very risky because particles of blood can remain. Cleaning needles and syringes with water and bleach is a last resort and is not sufficient to prevent infection.

如何重复使用或共用药勺?

如果将一支用过的针头和注射器放在用过的药勺里一起搅拌毒品，它们很可能会带上已被感染的丙肝病毒。最好使用新的药勺，或者您不得不重复使用同一药勺的话，最好用清洁剂和清水将药勺彻底冲洗干净。

Re-using or sharing a spoon

If a used needle and syringe has been in the spoon used to mix up drugs, it may have been contaminated with the hep C virus. Use a different spoon or if you must re-use it, make sure you wash it thoroughly with detergent and water.





如何重复使用或共用注射水?

共用注射水也是危险的，因为残留在注射器里的微量血液会溶入到注射水中去。

Re-using or sharing water

Sharing water is risky because small amounts of blood can flow from the syringe into the water.

如何重复使用或共用止血带或药棉?

微量血液可能残存在止血带中。一定要使用自己的止血带并且要避免多次使用同一个药棉。

Re-using or sharing a tourniquet or swab

Blood can be left behind on a tourniquet. Always use your own tourniquet. Avoid using a swab more than once.

如何清洁?

开始注射之前要做好清洁工作。用纸巾擦干血迹，用消毒水清洗现场，最好带上一一次性手套。注射前后一定要洗手。

Cleaning

Always clean the area before you prepare your hit. Wipe up blood spills with a paper towel and clean the area with detergent and water. It is best to wear disposable gloves. Always wash your hands before and after injecting.

如何吸食毒品?

吸食毒品时不要重复使用或共用吸管或其它器皿。即便沾在其中的微量血液也会传播丙肝病毒。

What if I snort drugs?

Never re-use or share straws or other equipment when snorting. Even small amounts of blood can transmit the hep C virus.

什么是“针头针管计划(NSPs)”?

“针头针管计划(NSPs)”为毒品注射者们提供健康普及教育并且提供消毒卫生的注射器皿，废物丢弃设备，有时也提供用于纹身使用的针头。此计划囊括的信息包括安全注射，有关毒品治疗和其它的健康关爱组织。您可以和NSP的工作人员进行保密性交谈。在新州，新的注射器皿可以在参与了“提供注射器皿计划”

(Pharmacy FitPack Scheme) 的西药房里以低廉的价格买到。

What are NSPs?

NSPs provide health education to people who inject drugs, sterile injecting equipment, disposal facilities, and some will provide needles for tattoos. They offer information about safer injecting, and referral to drug treatment and other health care services. You can talk confidentially with NSP staff. In NSW, new injecting equipment is also available at a small cost from pharmacies participating in the Pharmacy FitPack Scheme.

如何获得更多的信息?

请联络新州使用者和艾滋病协会 (NSW Users and AIDS Association), 电话(02) 8354 7300 或 1800 644 413 (悉尼地区以外)。网址: www.nuaa.org.au

如果您不会说英文，请拨打电话传译服务(TIS)131450，请翻译为您接通服务。此电话服务只收取相当于一个市区通话费的费用。

关于丙肝的其它语言的有关信息，请登录：www.multiculturalhivhepc.net.au

“有问必答”由多元文化艾滋病和丙肝服务于2007年二月撰写，新州卫生部资助。至印刷日止，本册信息精确吻合。

How to get more information?

Contact the NSW Users and AIDS Association (NAAA) on (02) 8354 7300 or 1800 644 413 (outside Sydney). Website: www.nuaa.org.au.

If you want to use a language other than English, you can use the Telephone Interpreter Service (TIS) - 131 450 - and have them call the service for you. You can call TIS for the cost of a local call.

For multilingual information on hepatitis C go to: www.multiculturalhivhepc.net.au

Don't be afraid to ask was developed by the Multicultural HIV/AIDS and Hepatitis C Service in February 2007 with funding from the NSW Department of Health. Information contained in this resource was as accurate as possible at the time of printing. Models used for illustrative purposes only. All photographs © 2007.



有问必答

关于毒品注射及丙型肝炎的常见问题

DON'T BE AFRAID TO ASK

Commonly asked questions about injecting drug use and hepatitis C

