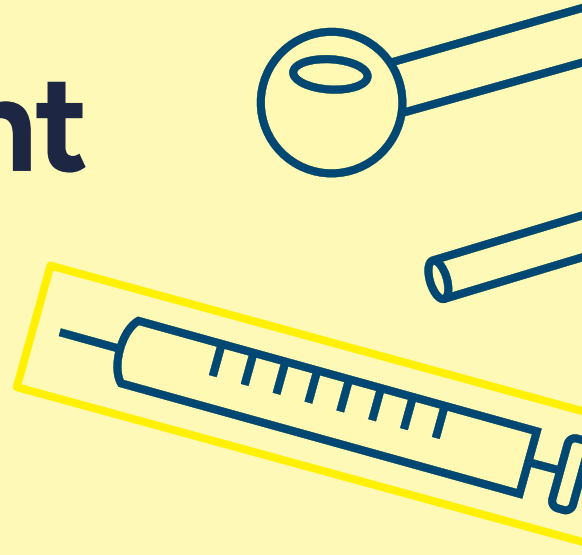


# Tips for safer drug use and safer sex to prevent hepatitis C and HIV

Hepatitis C and HIV are preventable infections that can harm people's health.



## If you use drugs, try to prevent hepatitis C and HIV by:



Using all new supplies every time you inject, including new needles, syringes, filters, sterile water and cookers.



Using your own pipe or stem and mouthpiece to smoke drugs.



Using your own straw, rolled paper or other supplies to snort drugs.



Using condoms and lube during sex.



Talking to a healthcare provider about whether pre-exposure prophylaxis (PrEP) is right for you. PrEP helps to prevent HIV but not hepatitis C. PrEP usually involves taking certain HIV medications every day to prevent HIV.

**The only way to know if you have hepatitis C or HIV is to get tested. The sooner you know, the better it is for your health.**