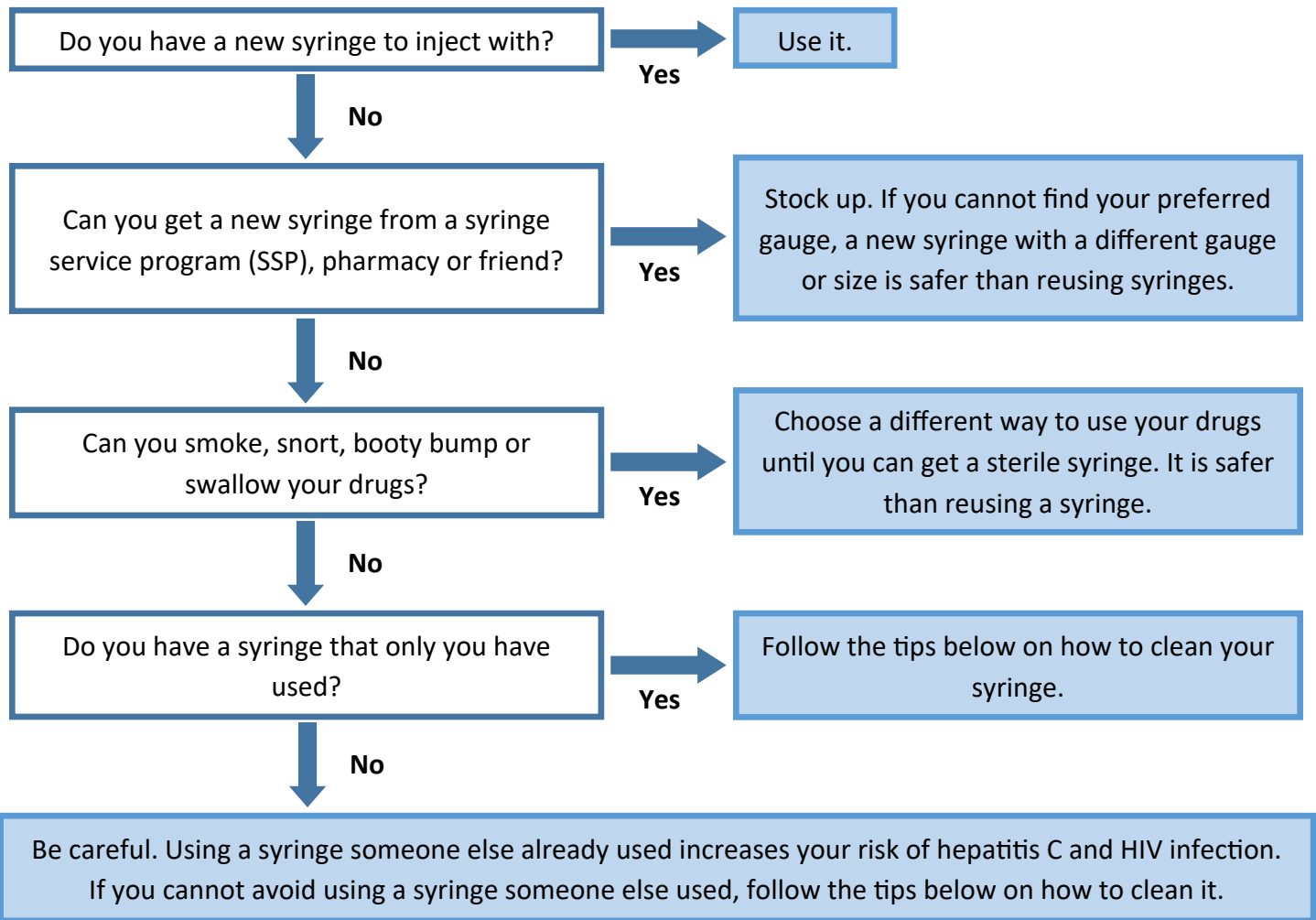


# Safer Syringe Reuse Practices

This flowchart can help you lower your risks of harm if you inject drugs.



## Tips for Reusing Syringes

- You should not use the same syringe if you can avoid it. Reusing or recapping a syringe after use dulls the needle, which can cause soft tissue infections and abscesses.
- If you need new, sterile syringes, you can:
  - Contact your local SSP to get sterile drug use supplies or naloxone. To find an SSP, visit [nyc.gov/health](http://nyc.gov/health) and search for **syringe service programs**.
  - Go to an Expanded Syringe Access Program (ESAP) provider. ESAP providers are located at pharmacies that sell or give out sterile syringes. To find an ESAP pharmacy near you, go to [health.ny.gov](http://health.ny.gov) and search for **ESAP**.
- If you cannot avoid using the same syringe, rinse it before reusing.
  - If you have bleach available:
    - **Step 1:** Fill the syringe with bottled or cold tap water. Tap the syringe. Squirt out the water and repeat at least three times.
    - **Step 2:** Fill the syringe with bleach. Tap the syringe. Squirt out the bleach and repeat at least three times.
    - **Step 3:** Repeat step 1.
  - If you do not have bleach, complete only step 1 above. Rinsing with water is safer than not rinsing at all.
- Use a flat surface to help steady your arms when you inject.
- Store capped syringes in a dry place with the needle pointing upward.