Talk to your children and community about the dangers of picking up used syringes and needles.

Use smart syringes that can be used once only. Open the package in front of your patient to reassure them that the syringe and needle have not been used before.

An unsafe injection could put you at risk of getting a life-threatening infection such as:

- **HEPATITIS B** 30%
- **HEPATITIS C** 3%
- **HIV** 0.3%

**Estimated risk of getting these infections from a contaminated syringe or needle.**

**WHAT MAKES AN INJECTION UNSAFE?**

1. Re-use of syringes and needles, and other injection equipment.
2. Overuse of injections for illnesses where medicines by mouth are available and recommended.
3. Lack of clean work spaces and hands.
4. Unsafe collection and disposal of used injection equipment.

**WHO IS AT RISK?**

- **PATIENTS** who receive unsafe injections.
- **CHILDREN IN THE COMMUNITY** who play near areas where syringes and needles have been thrown away.
- **HEALTH CARE WORKERS** who get injured by used needles.

**WHO IS AT RISK?**

**DID YOU KNOW?**

**DO YOU REALLY NEED AN INJECTION?**

*How to make smart injection choices*

**WHAT YOU CAN DO AS A PATIENT**

1. Ask if a medicine taken by mouth is available. These can work as well as injections.
2. If you do need an injection, ask for a smart syringe as they can be used once only. Check that the syringe and needle package is new, sealed and undamaged.
3. Make sure your skin is disinfected before the injection.
4. Talk to your children and community about the dangers of picking up used syringes and needles.

**WHAT YOU CAN DO AS A HEALTH CARE WORKER**

1. Offer your patient a medicine that can be taken by mouth, if available.
2. Use smart syringes that can be used once only. Open the package in front of your patient to reassure them that the syringe and needle have not been used before.
3. Clean the area where the injection is being given and perform hand hygiene before giving the injection.
4. Place the needle, syringe and single use vial in a safety sharps box as soon as they have been used.

For more information visit: [www.who.int/infection-prevention](http://www.who.int/infection-prevention)