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

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

Estimated risk of getting these infections from a contaminated syringe or needle.
Overuse of injections for illnesses where medicines by mouth are available and recommended.

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.
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.

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DOES YOUR PATIENT REALLY NEED AN INJECTION?

How to make **smart injection** choices

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

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MAKE YOUR INJECTION A SAFE INJECTION

WHO IS AT RISK OF RECEIVING AN UNSAFE INJECTION?

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.