

# LEARN HOW TO REDUCE YOUR RISK



Every year as many as 4,500 people in Canada are infected with HIV

If you inject drugs like cocaine, heroin or steroids, quitting may not be possible for you, but you can reduce your risk of getting HIV or hepatitis C by practising safer injecting.

Safer injecting includes:

- using a new needle and new supplies (water, cooker, filter, etc.) every time you inject
- never sharing needles with anyone else

Remember it is not who you are, but what you do that puts you at risk.

Know your status.  
Learn how to reduce your risk.  
Help stop the spread of HIV.

It's time.