

WATER

How to reduce the risk of abscesses, swelling, and infections

NO ADDED RISK OF BACTERIAL INFECTION




UNOPENED AMPOULE OF STERILE WATER FOR INJECTIONS

Manufactured for medical use, so therefore completely safe if used once and surplus is thrown away.

NO ADDED RISK

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WATER BOILED IN A KETTLE AND THEN COOLED

Good enough: will kill all organisms, is easy for most, and isn't too much trouble. If you haven't got a water amp, use water from a recently boiled kettle.

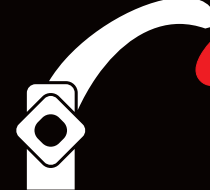
LOW RISK OF BACTERIAL INFECTION



COLD WATER FRESHLY RUN FROM THE KITCHEN TAP

Likely to come from the rising main, and, in the UK, will be very clean. Better than water from the bathroom which may have come from a tank in the loft.

RISK OF BACTERIA



HOT WATER FROM A TAP

Hot water tanks aren't usually hot enough to kill bacteria - avoid using hot water taps, cold is better.

RISK OF BACTERIA



BOTTLED WATER

It may be pure, but it can have bacteria in it - especially if someone has drunk from it. Pour into the cap and draw up from there so you don't contaminate the bottle further.

MEDIUM TO HIGH RISK OF BACTERIA



SHARED CUP OF WATER

Could have bacteria from the needle, or even blood. Throw it away, and get fresh.

MEDIUM TO HIGH RISK OF BACTERIA



PART-USED AMPOULE OF WATER FOR INJECTIONS

Could be contaminated by a needle, even a small risk of viral infection if there is blood in it. Tap water is safer: throw away part-used amps


HIGH RISK OF BACTERIAL INFECTION



TOILET WATER

Risk can be reduced by flushing the toilet and catching the water before it enters the bowl. Look out for empty bottles you can get filled from a tap.

VERY HIGH RISK OF BACTERIAL INFECTION



PUDDLE WATER OR SALIVA

Too dangerous to be a last resort: try asking people for their almost empty bottles of water.

TOO MUCH ACID
INCREASES THE RISK OF INFECTIONS



HIGH RISK OF BACTERIAL INFECTION

Having your solution too acidic causes tissue damage, making it vulnerable to infection. You don't need a whole sachet for less than a gram of heroin.