

Leaflet for community



This leaflet provides general information on injection safety to literate community members. A bright, attractive presentation with quality photographs will have maximum impact. A simple folding format may be cheap to produce.

Sample text:

Your guide to safe injections

Injections are common in our country.

When did you last have an injection? This week, this month, or this year? Chances are, not so long ago. On average in [name of country] each person has around X injections a year. That's a total of X over your lifetime!

Injections should be safe.

A safe injection does no harm. However not all injections in our country are given safely. Unsafe injections are done using unsterile equipment for example, such as reused syringes and needles. Unsafe injections are known to infect people with deadly diseases.

How?

An injection goes deep into the body. If the needle is contaminated with infected blood or body fluids, it becomes a very effective way of spreading disease from one person to another.

Consequences of an unsafe injection: HIV, Hep.

Over a third of all new Hepatitis B cases are through unsafe injections - to otherwise healthy people. Symptoms of Hepatitis include jaundice, dark urine, extreme fatigue, vomiting, abdominal pain. Hepatitis C is incurable and can lead to liver failure. HIV remains without a cure. About X people in [country] carry the disease. Although sex is the main transmission route, about 10% of HIV infections are spread through unsafe injections.

An invisible problem.

Many diseases like HIV can lie dormant for years, so you may not associate having a bad injection with a problem later in life.

Diseases like HIV and Hepatitis are spread through contact with infected body fluids, so you

should take care with all procedures that involve blood: shaving, piercing, tattooing and circumcision.

Understand the disease.

But the good news is they cannot be spread through hugging, coughing, food, sharing utensils or casual contact. There is no reason to be afraid of a person living with HIV in your family or community. It is not their fault - it could happen to any one of us. They need and deserve our love and support more than ever.

Prevention is the best medicine

Although injections are the most common medical procedure in [country name] you may be surprised to know that most can be avoided. Today many medicines have an oral equivalent that is equally effective, and much safer for you.

Next time you are offered an injection, why not ask your doctor if you can take an oral formulation instead? A good doctor will understand your concern and will not mind your request.

If you do need an injection, there are three things to remember to make sure you and everyone in your family is not exposed to the danger of an unsafe injection:

1. See the syringe comes out of a sealed packet.
2. See the syringe is used on you, and then disabled.
3. See the disabled syringe is put immediately into a 'safety box' or puncture proof container.

Follow this advice and you will be protecting not only your future but your children's too. Together let's make injections safe!