#### **EXTREMLY HIGH RISK OF BACTERIA**



### **TOILET WATER**

Flush the toilet first and use water from the cistern. Never use the water from the bowl.

#### **EXTREMLY HIGH RISK OF BACTERIA**



## **PUDDLE WATER OR SALIVA**

This carries a high risk, it's recommended not to use.

## WHAT IF MY BODY CAN'T FIGHT OFF THE **BACTERIA AND I DONT GET ANTIBIOTICS?**

You could end up with serious infections such as:

- Cellulitis a painful infection in the skin
- Abscess a painful collection of pus in the tissues.
- Endocarditis inflammation and bacterial growth on the heart valve. (This is a serious medical condition that can lead to death)



# **CONTACT US**





























# UNOPENED AMPUOLE OF STERILE WATER FOR INJECTION

Manufactured for medical use, completely safe for single person use. Throw away any unused water.



### **HOT WATER FROM A TAP**

Hot water systems aren't usually hot enough to kill bacteria, they can also leach chemicals that can harm you.

Avoid using hot water taps, cold is better.



### **SHARED CUP OF WATER**

Could have bacteria from a needle, or even blood.

Throw it away and get a fresh one.

#### LOW RISK OF BACTERIAL INFECTION



# WATER BOILED IN A KETTLE AND THEN COOLED

This will kill bacteria and other organisms. Boil kettle and let water cool, draw up from kettle or pour water into clean glass and draw up.





#### **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**



# PART-USED AMPOULE OF WATER FOR INJECTIONS

Could be contaminated by a needle, even a small risk of viral infection is there is blood in it.

#### LOW RISK OF BACTERIAL INFECTION



# COLD WATER FRESHLY RUN FROM TAP

May contain organisms that cause infection when injected. Allow tap to run for a few seconds and draw up directly from stream.

#### WHY IS BACTERIA BAD?

Injecting bypasses the body's defenses against bacteria and other organisms by entering the blood stream directly. When bacteria enters your blood stream you will get the symptoms of a "Dirty Shot". If your body cannot not fight off the bacteria you will require antibiotics and could end up in hospital.

# BACTERIA IS WHAT GIVES YOU A "DIRTY SHOT"

Common symptoms include:

- Fever
- Abdominal pain
- Nausea
- Vomiting
- Chills
- Severe cold and flu like symptoms

- Headache
- Shortness of breath
- Muscle aches and pains
- Bone aches