

Water is precious and so are you!

Make sure your water is keeping you safe



Sterile Ampoule water

- Single use only, once open bacteria can form
- Reduces risks of BBV's (blood borne viruses)
- Reduces risk of infections (endocarditis, abscesses and cellulitis)



Boiled water cooled to room temp

- Best practice to boil in a steel pot rather than kettle
- Use fresh tap water to fill
- Boil for at least 5mins and allow to cool to room temp



Tap water vs bottled water

- Bottled water can have more bacteria than fresh tap water
- Run the tap for 60 seconds to clear out stagnant water
- Bathroom tap water can carry more bacteria



Pro Tips

- Bacterial filters are free and filter out contaminants in your mix (harmful bacteria, cigarette ash).
- Avoid water from salvia, toilet cisterns, puddles, soft drinks, alcohol and other liquids. These can carry bacteria and damage your veins.

All equipment is single use and not to be shared.



Blood-Borne
Virus Awareness



Needle and
Syringe Program

For more information call Anglicare Tasmania on
1800 243 232 or scan the QR codes to visit our website.



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