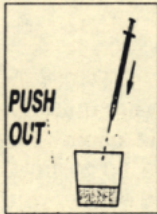


Cleaning Needles/Syringes



1. Clean needles and syringes twice - once before and once after injection.

2. Before using bleach, draw in clean water and push out several times to reduce blood and stuff inside the syringe. Don't share this water.



3. Draw in and push out full strength household bleach to fill the needle and syringe at least 3 times.

4. The longer the bleach is inside the syringe, the more likely it will kill the HIV and other stuff, try for at least 30 seconds.

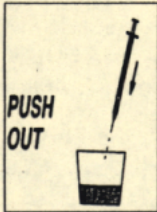


5. After using bleach, draw in and push out clean water several times. (water should be fresh, do not reuse water from step 2)

6. The syringe should always be filled completely to the top with bleach or water.

7. Shaking or tapping the syringe when it is filled with bleach or water is recommended to help make cleaning more effective.

8. Taking the syringe apart may improve the cleaning of parts not reached by bleach or water inside the syringe.



Transprotection developed by
the staff of the
Transgender Community Health Project



Brought to you by the
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Transprotection



photo Raif di Caprio (Strata)

Protect Your Parts!

Safety Guidelines for Injecting Hormones

Before injecting hormones it's really important to see a doctor to get your liver checked and make sure you're using the right drug in the right dosage for you.

1. Clean the top of the bottle with an alcohol prep pad. Then, if you use a bigger needle to draw the hormones into the syringe, twist off the smaller needle, and put the bigger one on the syringe.

2. Fill the syringe with the amount of air equal to the amount of hormones you're going to take out (1cc of air for 1cc of hormones). This makes it easier to get the stuff out of the bottle.

3. Insert the needle into the bottle. Turn the bottle upside down and push the air into the bottle. To fill the syringe, pull the plunger back so the rubber part of the plunger lines up with the right mark for your dosage on the syringe.

4. Pull the needle out of the bottle. (If you use a bigger needle to draw out, pull the plunger back a bit to get the hormones out of the needle. Take off the big needle and put the smaller one on now.) Tap the syringe to make any air bubbles go to the top. Push out all of the air until a bead of hormones forms on the tip of the needle.

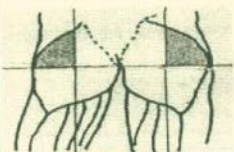


Image adapted from Positive Health Project, NYC

5. Choose the injection site carefully. If you inject into your thigh, do it in the front between your hip and knee. If you inject into the butt, divide each butt cheek into four sections (see picture). Inject in the upper outer (shaded) sections only.

6. Clean the injection site with an alcohol prep pad. Put the needle straight in at the site, not at an angle. Once the needle is inside you, pull the plunger back a little and see if any blood wells up in the syringe. If there is no blood, slowly but firmly push the hormones in. If you see blood, it means you hit a blood vessel. You should pull the needle out slightly, or choose another site and test again. If no blood returns, inject away.

7. Use needles and syringes **only once** and avoid sharing your needles. If a new sterile needle and syringe are not available the next time you inject, clean them before injecting (see directions on back). Dispose of needles and syringes in a sharps container or take them to a needle exchange site.

Safer Sex Tips



Avoid contact with blood, semen (cum) as well as vaginal and cervical secretions. These fluids can carry viruses and bacteria and can pass them on to you or your partner.

If you're having sex and you're the receptive partner (vaginally or anally), using a condom can decrease your risk for HIV and other STDs..

If you are a pre-op or non-op MTF, drag queen, crossdresser or phallic woman you should always use a condom on yourself when having sex where you put yourself inside your partner.

If you're an FTM who's had phalloplasty or metoidioplasty, and are having sex where you're the insertive partner, be sure to use a condom (or finger cot) to decrease risk.

If you're having sex with anyone and using dildoes or other sex toys, cover them with condoms and be sure to change condoms in between partners. Wash dildoes and sex toys with a bleach and water solution after you're done. This will help minimize the risk of passing anything between you and your partner(s).

If you're giving or getting head (oral sex), using condoms, dental dams and other barriers is also an important step in decreasing your risk for HIV and other STDs.

If you're going to be rimming, be mindful of the risk for Hepatitis A and other diseases. Again, barriers can decrease your risk,

Using a Condom



Image courtesy of the Gender Identity Project NYC

BEFORE SEX

Use a new condom every time you have sex - to reduce your risk for STDs and HIV. It's best to always use a condom for oral, anal and vaginal sex. Put it **on** before you put it **in**.

PUTTING ON A CONDOM

Put condom on as soon as the dick gets hard. Be sure the rolled up ring is on the outside. Squeeze the air out of the tip. Leave space at the tip to hold cum. Hold the tip while you unroll the condom all the way down to the hair. Water based lube sometimes helps - it can make it feel better and help keep the condom from breaking.

AFTER SEX - TAKING IT OFF

Before pulling out, hold the condom in place at the ring. Pull out slowly. Take the condom off, and throw it away. Use a new condom if you're going to have sex again.