

## 6 Ways People Who Inject Drugs Can Avoid HIV and Hepatitis C Infections

Managing partner, Harry Nelson, was quoted in a March 28, 2018, [US News and World Report](#) article titled, “6 Ways People Who Inject Drugs Can Avoid HIV and Hepatitis C Infections”

From the article:

**Clean you needles thoroughly.** To be certain your needles are free of infectious viruses, clean them with bleach, advises Harry Nelson, chairman of the Behavioral Health Association of Providers, a Los Angeles-based national trade association for behavioral health industry professionals, owners and operators. The CDC offers [a chart](#) showing how to clean syringes in three steps: First, rinse the syringe in water, tap or shake it for 30 seconds and then discard the water from the syringe. In another container, disinfect the syringe by submerging it in pure bleach; then rinse it with clean water.

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