

## Drugs and alcohol

This fact sheet provides information on the dangers of drugs and alcohol for people working in the sex industry.

### Drugs and alcohol

As you are probably aware, drugs and alcohol can affect your mood, coordination, responsiveness and perceptions. Drugs and alcohol can also adversely affect your ability to stay in control and may make you extremely vulnerable as a sex worker.

If possible, avoid drink and drugs when working. Never accept drinks or drugs from clients - you don't know what they contain!

### If injecting drugs, stay safe

If you choose to inject drugs, it is important that you follow certain precautions to protect yourself against transmitted diseases and stay as safe as possible.

It is extremely important that your environment is safe and that you are not injecting alone. If you are running around or in a moving vehicle, chances are a problem will occur.

Sterile equipment is another crucial part of the injecting process. Remember the saying: 'NEW FIT FOR EVERY HIT'. Never share your equipment with any other person, including sexual partner/s. Infections due to sharing equipment have been on the increase.

Research shows that people who have abstained from using for a period of time then use again without testing the quality are more likely to drop as well as people who inject alone.

### Injecting tips

- Do not inject alone.
- Wash your hands before you start.
- Swab fingers, spoon and injection site.
- Rinse spoon in cold water before use. Cigarette filters contain glass fibres, use the corner of an alcohol swab.
- Never share water or use the same water to rinse. Try not to use a silver spoon.
- Never share any equipment.
- Do not inject below the waist, and avoid hands and feet.
- Do not use lemon juice – only use white vinegar.
- If you have not used for a while, have a small taste first.

### Useful contacts

QuIHN  
1800 172 076  
[www.quihn.org.au](http://www.quihn.org.au)