



PEEL WORKS

NEEDLE EXCHANGE PROGRAM PROVIDES:

- * New needles and injection equipment.
- * Containers for the safe disposal of used needles and injection equipment.
- * Safe disposal of used needles and equipment from clients.
- * Safer piercing kits, including information on before and after-care.
- * Information about safer drug use.
- * Presentations on harm reduction, safer piercing and program services.
- * Information about safer sex as well as free condoms and lube.
- * Referrals to Peel Public Health's Healthy Sexuality clinics for:
 - *Anonymous HIV/AIDS testing, including the HIV Rapid Test*
 - *Hepatitis B and C testing*
 - *Hepatitis B vaccinations*
 - *Sexually transmitted infection (STI) testing and treatment*
- * Referrals to other agencies for support and treatment.

All services are free and confidential

For more information about our services, please contact us at
Cell: **647-225-1623** Peel Public Health: **905-799-7700**

www.peelneedleexchange.ca

Peel Public Health does not recommend or endorse tattooing in a non-professional setting.

Adapted with permission from the AIDS Committee of London's Safe Points Campaign.


CDS-0189 10/03

 **Region of Peel**
Working for you
Public Health



THINK BEFORE YOU INK

**Understand your
risks and rights!**

 **Region of Peel**
Working for you
Public Health

TATTOO BEFORE-CARE

Some tips before you get a tattoo:

- * Make sure you are comfortable with the artist and the studio is clean.
- * Ensure the artist answers your questions and clearly explains the procedure to you.
- * You want a professional to do the tattoo. Ask to see the artist's portfolio.
- * Ask to see the spore test (sterilizer) certificate. Ensure the date on the certificate is within 2 weeks of the current date.
- * Make sure the artist is wearing new latex/vinyl gloves and all equipment is sealed and sterile. Make sure the artist washes his/her hands before putting on each new pair of gloves.
- * Make sure the artist is using new, unopened needles, and the ink is fresh and in new cups.
- * Make sure the artist cleans the area being tattooed with an alcohol swab before starting.
- * Make sure the razors are used only once.
- * Make sure a sharps container is used for razor and needle disposal.
- * Make sure the artist provides you with full after-care instructions.
- * If you feel uncomfortable at anytime - leave.



TATTOO AFTER-CARE

Some tips after you get a tattoo:

- * Leave the bandage on for 4 to 6 hours after you get a tattoo.
- * Remove the bandage gently. If it sticks, wet the bandage with clean, warm water.
- * Wash your hands and then gently wash the tattoo with your fingers using mild soap and clean, warm water. Rinse the tattoo with clean, warm water and pat dry with a clean towel.
- * If the artist has recommended using a healing ointment, follow the directions.
- * Apply an unscented body lotion if the tattoo becomes dry and flaky.
- * Some scabbing and peeling is normal. Do not pick or scratch the tattoo.
- * Wear clean, loose clothing around the tattoo. Avoid swimming, hot tubs and baths until the area is fully healed.
- * Healing time is approximately 10 to 14 days.
- * If you think the tattoo is infected, see a doctor immediately.

