



Your life counts!

# You matter!

If you consume drugs, please make sure of the following:

- Don't share your paraphernalia:  
(tubes, needles, (E-)cigarettes, pipes, etc.)
- Prepare your substance by yourself and make sure surfaces and materials are clean.
- Try to limit your time in public areas e.g. streets, parks, etc.
- Keep a stock of safer-use-materials.
- Minimise contact to others.
- Take care of your health!

**Please look after yourself and respect the guidelines which protect you from an infection.**