

SAFER TATTOOING



Protect yourself!

**PRISON
OUTREACH
PROGRAM**



POP Line

Provincial >> **604.525.8646**

Federal >> **1.877.900.2437**

**POSITIVE
LIVING
SOCIETY**

A stylized graphic element resembling a ribbon or a thick, curved line that loops around the right side of the text 'POSITIVE LIVING SOCIETY'.

Produced by: OF BRITISH COLUMBIA

contents

- 02** Before getting your tattoo
- 04** Your tattoo needle
- 06** Know your ink
- 09** A good day for a tattoo
- 10** Safe dumping
- 12** Aftercare



2

Before getting your tattoo:

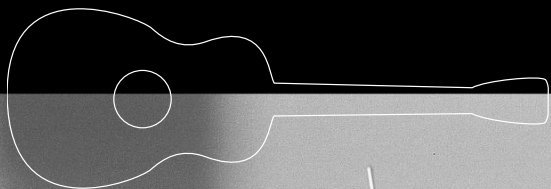
- ▼ Decide what design you want
- ▼ Ask someone you know and trust where to find a good artist
- ▼ If you can, go and watch your artist doing a tattoo
- ▼ Did the artist use a new needle and new ink?
- ▼ Did the artist use rubber gloves and a clean towel?
- ▼ Did the artist hold the tattoo gun straight up, not tilted, to prevent infection and blotching?
- ▼ Did the artist avoid breaking through all the layers of the skin, to prevent infection and heavy scarring?
- ▼ If the artist you want can't follow these basic safety protocols, find someone else



4

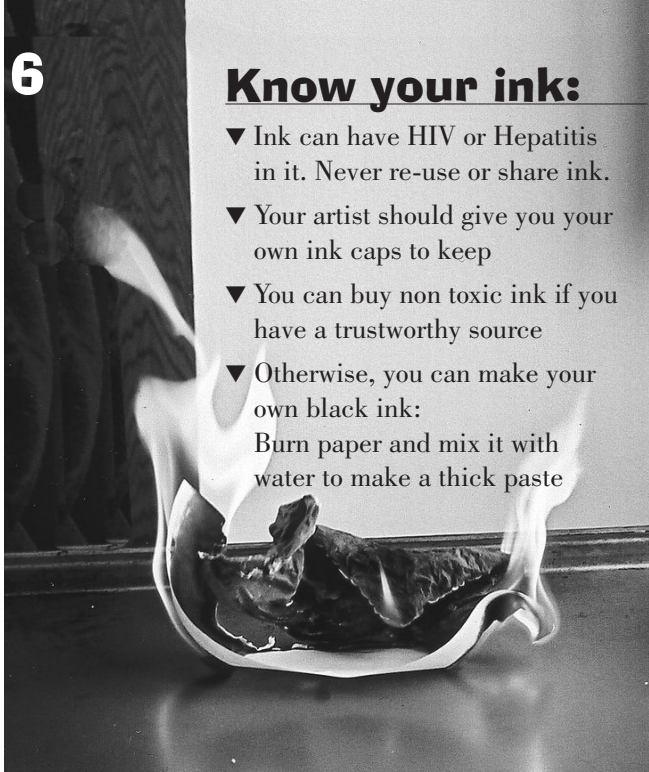
Your tattoo needle:

- ▼ Keep your own! Bleach or boil them for 15 minutes or more after every session
- ▼ A good artist should be able to put new equipment together quickly
- ▼ As a last resort, you might need to make your own
 - ▼ Use a pen or lighter for the tip and shaft
 - ▼ Use guitar strings or a beading needle for the needle
 - ▼ Keep the needle short so it stays sharp
 - ▼ Use sandpaper to make your needle sharp
 - ▼ Clean off grit left from sandpaper



Know your ink:

- ▼ Ink can have HIV or Hepatitis in it. Never re-use or share ink.
- ▼ Your artist should give you your own ink caps to keep
- ▼ You can buy non toxic ink if you have a trustworthy source
- ▼ Otherwise, you can make your own black ink:
Burn paper and mix it with water to make a thick paste



The art

- ▼ The art is in the shading and every tattoo artist has their own style
- ▼ Once you've seen a few you will recognize individual artists
- ▼ Great artists are known by everyone!





A good day for a tattoo:

- ▼ Tattooing is stressful on the body so do it on a day you feel good
- ▼ Don't use drugs or alcohol before you get a tattoo
- ▼ Alcohol thins your blood and can cause too much bleeding

Safe dumping:

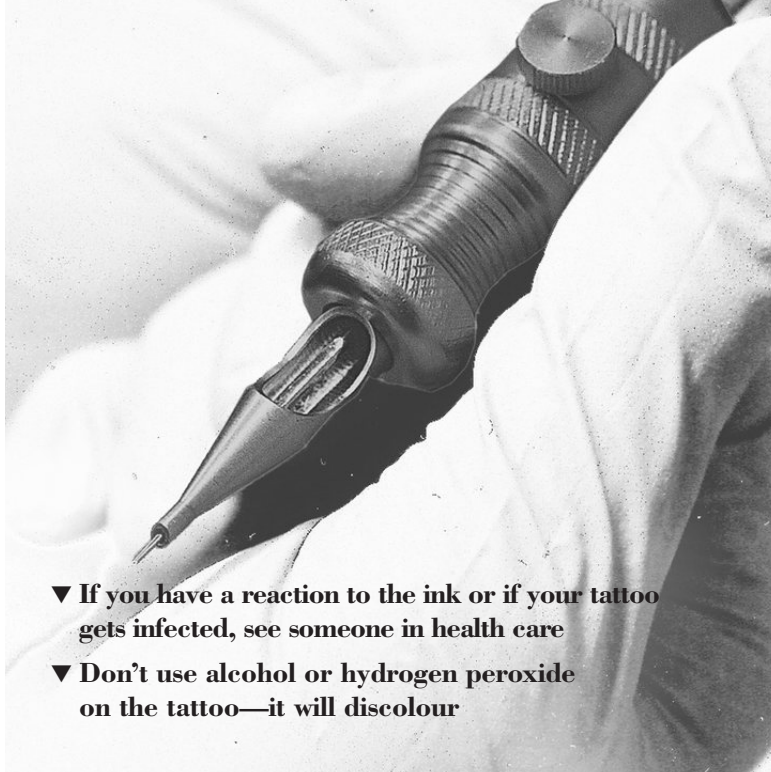
After your work is done:

- ▼ Cut off the point of the needle and bend it back so no one gets stuck when picking up garbage
- ▼ Throw away the needle and tube or shaft that the needle goes in
- ▼ Throw away the ink cap, gloves and towels
- ▼ Don't ever re-use any of the supplies on another person



Aftercare:

- ▼ Cover it for at least three hours or overnight to prevent infections
- ▼ If you need to touch your tattoo, first wash your hands with soap and water
- ▼ Keep the tattoo area clean with soap and water
- ▼ Use your hands, not a washcloth to clean your tattoo and then pat dry with a clean towel or paper towel



- ▼ If you have a reaction to the ink or if your tattoo gets infected, see someone in health care
- ▼ Don't use alcohol or hydrogen peroxide on the tattoo—it will discolour



**You can get
Hepatitis C or
HIV from tattooing.
Know how to
protect yourself
and others.**