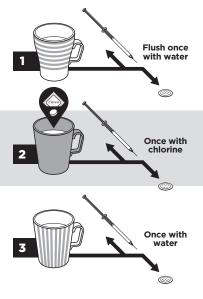
## If you can, always use a new sterile syringe

If you have to re-use a syringe clean it like this.

Get three clean cups and fill with cold water. Dissolve a chlorine tablet in one cup.





## **EXCHANGE** SUPPLIES