

HARM REDUCTION

There are many ways to stay safe and reduce the risk of infection or overdose. Use as many tips as possible to dramatically reduce harm, but even just using one is beneficial.

CLEAN

- Switch injection sites to avoid infection or injury.
- When using the same location, start further away from the heart and work your way up to allow old wounds time to heal.
- Use a clean area. Clean hands and wipe the injection site with an alcohol pad in one direction.
- Avoid sharing any supplies when possible.

PREP

- Mix drugs with sterile water. You can also use bottled or cold tap water if necessary.
- Use ascorbic acid if necessary to help dissolve the drug. Avoid lemon juice and vinegar.
- Use a clean filter when drawing up solution. A cotton pellet or piece of cotton ball is ideal. Avoid using cigarette filters.
- Find a vein by applying heat to the area and/or using a tourniquet that can be easily released before injecting. Avoid belts or shoestrings.

INJECT

- Aim the syringe toward the heart, bevel side up.
- "Taste" or "Sip" by injecting a small amount and see how strong it is and how it makes you feel before injecting a full dose.
- Dispose of used syringes in a sharps container. If you do not have a sharps container you can use a thick plastic detergent bottle or bleach bottle with a screw on cap.

REMEMBER

- Use fentanyl test strips.
- Keep Narcan with you at all times.
- Never use alone. If using alone is unavoidable:
 - Make yourself accessible - leave a door unlocked.
 - Call a friend or the Never Use Alone hotline before using and ask them to check on you in 10 minutes.
- Take advantage of local harm reduction services.
- Get tested regularly for blood borne diseases such as hepatitis and HIV.