

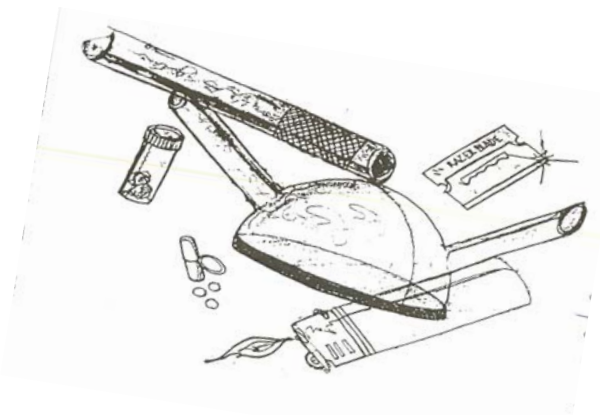
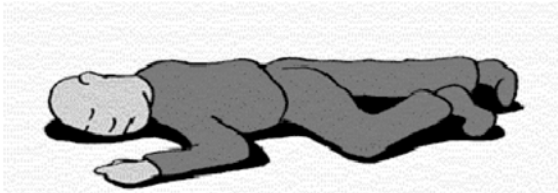
Harm Reduction Options

What To Do When An Overdose Occurs

If you can not wake the person up or keep them awake, their life is in danger.

Lie them in the recovery position as described below and call an ambulance.

- 1) Lie them on their stomach,
- 2) place their left hand next to their face with the right arm next to their body,
- 3) extend their right arm in front of them in line with their body,



- 4) extend their right leg straight in line with their body and
- 5) extend their left hip 90 degrees from their body with the left leg in line with their body.

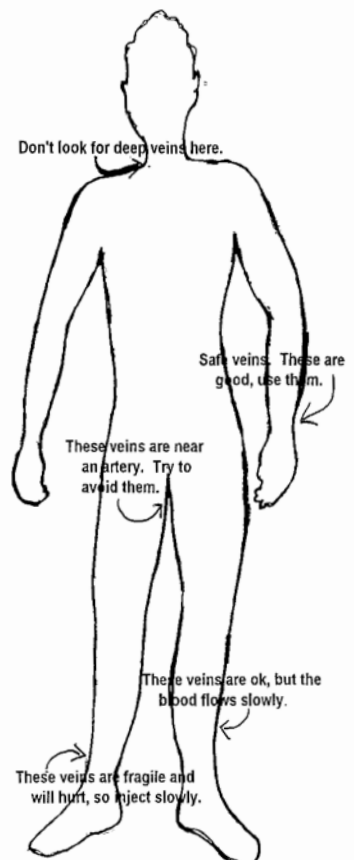
Safer Injection

Vein Care & Safe Injection Suggestions

Find a place with good light and take the time to do it right. Looking after veins when hitting up really does make for easier using.

- 1) Use a new, fine gauge syringe was each time.
- 2) Filter drug solution through dental cottons, or another clean cotton filter. Avoid cotton wool and cigarette filters - they have sharp, brittle fibers which damage veins. Filtering reduces the risk of infections, vein obstructions and abscess.
- 3) Alternate injection sites - don't go back to the same site until the red is gone there.
- 4) Use an easy to release tourniquet. Any veins that roll should be held lightly with a finger to guide the fit in.
- 5) Let off the tourniquet before pushing the plunger down.
- 6) When a vein is missed, the tourniquet should be released and the fit removed. Missed sites should be held lightly with a finger until the bleeding stops.
- 7) After injection the fit should be pulled out and pressure should be applied to the site with a tissue,

DANGEROUS PLACES TO SHOOT:



- some cotton or piece of toilet paper (not an alcohol pad) until bleeding stops.
- 8) About fifteen minutes after injecting vitamin E cream can be rubbed over the veins including any misses. This clears up bruises and helps to soften scarring in the skin and veins. Regular use of this cream helps to keep veins in good condition. Vitamin E cream can be gently massaged into the affected areas once or twice a day during and after a binge or regular using to help veins recover and soften any scarring. Pre-existing scarring can also be softened with regular use.
 - 9) To avoid infections, fingers, mixing spoon (cooker) and injection sites can be carefully wiped each time with fresh alcohol pads or washed with soap and water.
 - 10) Each person using together having their own cooker, cotton, and water and mixing and sharing your drug without using previously used equipment also helps with safer hits.

Preparing the Injection- Powders

- 1) Dissolve powders in water- water should be boiled for ten minutes and allowed to cool- this should kill almost all germs in the water.
- 2) If you have to add something to help the powder dissolve - use vitamin C. Lemon juice, however, may contain a fungus which may cause an eye infection.
- 3) Heat the liquid in a clean spoon or cooker with a match or a lighter, the heat will help dissolve the drug(s). Cooking does not sterilize anything...



Preparing Tablets

- 1) Tablets are manufactured to be swallowed, there is no completely safe way of injecting them. The chalk content in tablets and pills is a major cause of vein collapse. When ever possible avoid injecting drugs that come in the form of pills or tablets, swallow them instead.
- 2) To prepare tablets for injection crush them as fine as possible- using two spoons that have been rinsed in boiling water.
- 3) Avoid injecting drugs that don't dissolve well - many people have lost limbs after injecting poorly dissolved drugs and there is also an increased risk of abscess.
- 4) Street drugs are rarely pure and may contain additional substances. Smoking and snorting is a much safer alternative than injection.

Buprenorphine

Buprenorphine is a new medication to treat addiction to heroin or other opiates. It is a pill that dissolves under the tongue. Unlike methadone, buprenorphine can be prescribed by doctors in an office setting. You can fill your prescription at a pharmacy, like other medication. You do not have to go to a clinic every day to get it.

Buprenorphine does different things depending on when you last used heroin:

- If you are high or straight on heroin, buprenorphine may put you into withdrawal.
- If you are in withdrawal, it makes you straight.

Buprenorphine treats heroin addiction by preventing withdrawal symptoms, stopping cravings and blocking the heroin high. Side effects are usually mild and might include constipation, nausea, and vomiting

Methadone

Methadone is an opioid drug which can be prescribed as a substitute for opiates such as heroin as part of a treatment program. Methadone is itself addictive; however, it has a number of positive attributes.

- By receiving a controlled amount of methadone each day, clients can stabilize their drug intake.
- Methadone is usually given as an oral mixture, thus avoiding the risks associated with injection.
- It is a long acting drug and needs to be administered only once a day.
- Clients no longer need to find a substantial amount of money on a daily basis to support their drug habit and can thus avoid criminal behavior and imprisonment.
- Once stable on methadone it is much easier for clients to make positive changes in their lifestyle.

Do It Yourself Detox Information

Heroin and other opiates-

Things to try:

- Yoga or meditation
- Relaxation sessions, listening to relaxation tapes
- Warm baths, bubble baths, lavender oil helps
- Rescue Remedy, Bach Flower concoction available from health food shops
- Tincture of oats, available from food shops and said to help stop craving
- Valerian tablets, available from health food shops, help with mild and moderate hanging out but may not be enough for a full on detox.
- Multi-vitamin tablets, even vitamin B injections. B12 and B3 deficiencies are common in detox and you really notice the lack of energy and depression. B6, Vitamin C and zinc will also help.
- Don't make any life altering decisions because you are depressed.
- Avoid high anxiety, high energy situations.
- Benzodiazepines, if you can get a doctor to give you some use only as long as you are detoxing. The last thing you want is a benzodiazepine habit, withdrawal from this can be worse than withdrawal from heroin.



Methadone Detox

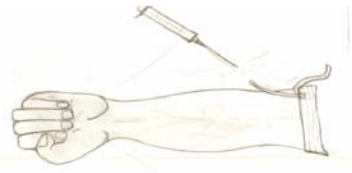
Methadone detox can be more difficult. It takes more than twice as long as heroin and the effects can be harder. The general advice for methadone is to come off gradually. Don't try to detox off on anything more than 20 mls if you have been on it for over a month. Get your clinic to manage your dose to 20 or less before trying complete withdrawal.

Withdrawal from heroin and methadone is not without suffering it will not be pleasant. Following the above suggestions are certainly not a definite guide to detoxing, however it will certainly minimize the level of discomfort.

Infections and Abscess Care

Symptoms of Infection Are:

- Swelling or redness near an injection site
- A hard lump located near an injection site, otherwise known as an abscess
- Feeling warm or hot- all over, in one limb or one vein, or an injection site
- Pain - in a vein, or a limb, or near an injection site
- A general feeling of unwell for any length of time



Left unattended infections nearly always get worse and can lead to loss of a limb and death. If symptoms exist, professional care should be sought as soon as possible. Seek out a sympathetic doctor or visit the hospital and GET IT TREATED.