10 Steps to Safer Injecting

Abscesses, ulcers, infections and blood borne viruses are still common amongst injectors. However most of these are avoidable if you make small changes to your injecting routine!

Following these 10 steps could greatly reduce many of the risks and harms that come with injecting.

Always wash your hands with soap and water before and after injecting – this reduces the chance of infections.



Use a clean surface to prepare your injection – this mat is ideal.

Always use a full set of new equipment for EVERY injection, do not store used equipment to use later – this can reduce injecting related injuries and infections. You can take away as much equipment as you need now, we have no limits.

Do not share, borrow or lend any injecting equipment – this can reduce your risk of getting HIV or Hepatitis.

Always use the smallest, thinnest needle possible for the injection site - this can reduce vein damage. If you are not sure what is best then ASK!



Small changes make a BIG difference

- Always use the best choice of water available to you for preparing your drugs (water for injection is best followed by boiled cooled water) this can help reduce infections.
- Pon't use too much citric this can help injecting sites to heal better and can reduce the risk of burns to the skin and veins.

- Rotate sites in the arms as much as possible and keep them clean, learn to use both arms to increase sites, a tourniquet may help this can allow sites to heal and may stop you moving on to riskier ones such as the groin.
- Put all used equipment in the bin provided and bring it back for safe disposal – this can reduce the risks to others.
- 10 Don't inject alone. Try to do it with other people around and know what to do in an emergency.

THIS MAT IS FOR YOUR INJECTING USE ONLY AND SHOULD NOT BE SHARED.
IT SHOULD BE WIPED DOWN AFTER EACH USE AND REPLACED AT REGULAR INTERVALS.



ease return used works

Always put used needles and equipment into a sharps container and return it to your local service.

Returning them can help keep the service open.

your legs. The blood flows slowly in these so inject slowly. veins in the feet. Inject slowly as it can be painful.

Women should avoid injecting in the breast Veins in hands and fingers are possibilities. Use a fine needle as it can be painful. Before injecting, remove all rings as this could result Stomach OK for Skin Popping ONLY There is a deep vein (the femoral) on the inside of in losing fingers your groin. But it's next to an artery and a nerve. If you miss you're in blg trouble. DON'T DO IT! Buttocks & Top of Thigh are OK for injecting into the muscle. Use alternate legs each time There are lots of small veins in the back of There are lots of small

Injecting into the neck is Top of the arms are OK for Veins in the upper arm are OK to use. To avoid collapsing them, rotate sites often very dangerous. DON'T! injecting into the muscle

4. Basic Life Support 1. Shake and shout What to do it someone is overdosing

head back and make sure the altway is clear then pinch the by 2 rescue breaths. Tilt the 30 chest compressions followed



2. Check for breathing

Tilt the head back and make

without delay.

sure the airway is clear.

and are not breathing, call 999 If they do not respond to noise 3. Call 999

and that the person is "not breathing." 2. Tell the operator where you are, 1. Stay calm.

save lives and to back up the 3. Police priority (if they come) is to

medical services.

ALWAYS WAIT WITH THE PERSON UNTIL THE AMBULANCE ARRIVES

Preventing Overdose

- Fix with a frlend.
 Avoid miking heroin/pilts with alcohol.
 Use less after getling out of jail, the
 hospital, or deba.
 Release the tourniquet before
 injecting the whole shot

W: www.reachoutrecovery.org.uk E: birmingham.info@cri.org.uk

Scala House, 36 Holloway Circus,

individual needs at the time that they need it;

families, making access to support as easy as with alcohol and drug use, as well as their

Birmingham who are experiencing difficulties

RECOVERY REACH OUT

eduction

Our Harm reduction cafe's are the perfect place for you to give us feedback and discuss

If you'd like to get involved, we'd really

Get in touch for details about

appreciate your feedback as it helps us plan

Harm

the service.

for the future.

our next HR Cafe

Reach Out Recovery supports people in

timely interventions that provide what the

ensuring our services are based on quality, We encourage community participation;

Reach Out Recovery

in the area where they live.

SCALA HOUSE

Contact details

Birmingham, B1 1EQ

.eldissoq

T: 0121 227 5890



If the person is still conscious but doesn't seam Ok, try to keep the person awake and monitor their breathing.

Can't be woken up by noise or shaking, allue lips and fingensils; snoning; gasping, or gurgling seconds to shallow breathing up to be person is still conscious but doesn't if the person is still conscious but doesn't.

Warning signs of Overdose

the ambulance

breath,

INJECTING AREAS

tecovery position until

but the person into the

Once they are breathing

nose closed and give a slow

gaiob yd froqque sill sieed frefe

If they aren't breathing then

5. Recovery position