

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.

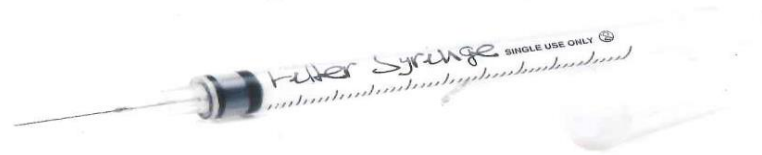


Use a clean surface to prepare your injection – this mat is ideal.

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

- 6 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.
- 7 Don'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.

- 8 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.
- 9 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.

Warning signs of overdose

- Can't be woken up by noise or shaking
- Blue lips and fingernails; snoring
- Gasping, or gurgling
- Slow (less than 1 breath every 5 seconds) or shallow breathing
- If the person is still conscious but doesn't seem OK, try to keep the person awake and monitor their breathing

Preventing Overdose

- Fix with a friend
- Avoid mixing heroin/pills with alcohol
- Use less after getting out of jail, the hospital, or detox
- Inject the tourniquet before injecting the whole shot

ALWAYS WAIT WITH THE PERSON UNTIL THE AMBULANCE ARRIVES



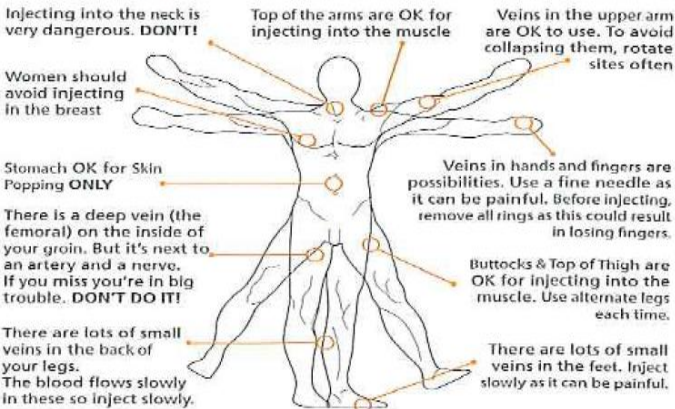
5. Recovery position



4. Basic Life Support

What to do if someone is overdosing

INJECTING AREAS



Please 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.

W: www.reachoutrecovery.org.uk

E: birmingham.info@cri.org.uk

T: 0121 227 5890

Contact details

Birmingham, B1 1EQ

Scala House, 36 Holloway Circus,

Reach Out Recovery

In the area where they live. We encourage community participation; ensuring our services are based on quality, timely interventions that provide what the individual needs at the time that they need it;

Reach Out Recovery supports people in Birmingham who are experiencing difficulties with alcohol and drug use, as well as their families, making access to support as easy as possible.

SCALA HOUSE



Harm Reduction

Cafe

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

If you'd like to get involved, we'd really appreciate your feedback as it helps us plan for the future.

Get in touch for details about our next HR Cafe