



SAFER USING TIPS



DRUG OVERDOSE PREVENTION EDUCATION

90%

OF HEP C TRANSMISSION IS ASSOCIATED WITH SHARING INJECTING EQUIPMENT—ACCORDING TO NATIONAL SURVEILLANCE DATA (NCHECR 2002)

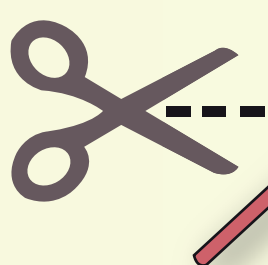


SAFER SNORTING

1. USE A STRAW.

USE YOUR OWN STRAW.

STRAWS ARE CLEANER THAN ROLLED DOLLAR BILLS. MONEY CARRIES HEAPS OF GERMS WHICH CAN LEAD TO SINUSITIS (SINUS INFECTION)



CUT THEM IN HALF AND TAKE THEM WITH YOU WHEN YOU GO CLUBBING OR TO FESTIVALS.

YOU CAN FIND THEM FOR FREE IN MOST FAST FOOD RESTAURANTS.

2. RINSE YOUR NOSE.

BY SNORTING WATER BEFORE AND AFTER SNORTING

HOW?

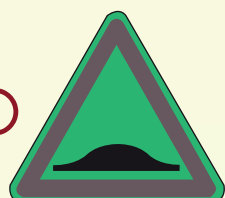
* FILL YOUR HAND WITH WARM WATER AND INHALE THROUGH EACH NOSTRIL.

WHY? THIS WILL MOVE ANY EXCESS SUBSTANCES ALONG THE NASAL PASSAGE. THAT ARE HARMFUL TO THE SENSITIVE NASAL MUCOUS MEMBRANE

* DO THIS UNTIL YOU FEEL SOME OF THE WATER MOVE DOWN THE BACK OF YOUR THROAT.



3. BUMP AHEAD



IF YOU DON'T HAVE A STRAW, SNORT BUMPS OFF YOUR OWN HAND — NOT YOUR FRIEND'S HAND.

ALWAYS WASH YOUR HANDS FIRST.



SAFER INJECTING

2. BE SELFISH



* KEEP YOUR OWN 'WORKS' INCL. SPOON/CUP, TOURNIQUET TO YOURSELF—DON'T SHARE.

* USE ONLY NEW
—SYRINGES/NEEDLES
—SWABS
—FILTERS
—STERILE WATER

USE CLEAN WATER FROM A RELIABLE SOURCE—COOLED, BOILED WATER OR FILTERED WATER IN A NEW CONTAINER IS A GOOD SUBSTITUTE IF STERILE WATER IS NOT AVAILABLE OR TOO EXPENSIVE.

* BOTTLED WATER IS NOT STERILE!

1. CLEAN UP YOUR ACT



* WASH HANDS AND INJECTION SITE WITH SOAP AND WATER
* WIPE DOWN YOUR MIXING UP AREA
* SWAB INJECTION SITE WITH ALCOHOL/CHLORHEXIDINE SWABS



3. BETTER SAFE THAN DEAD

* TEST YOUR GEAR—

START WITH A SMALL AMOUNT TO REDUCE YOUR RISK OF OVERDOSE

* USE WITH A BUDDY— ONE AT A TIME

* KEEP NALOXONE ON/NEAR YOU WHEN USING—ITS NO GOOD AT HOME IF YOU USE AT A MATES PLACE!



4. SHOOT WITH SKILL

* BE PATIENT!

* SHOOT TOWARDS THE HEART— HAVE YOU EVER SWAM AGAINST A CURRENT?

* ROTATE INJECTION SITES

* DRINK WATER! HYDRATION IS KEY TO GETTING A VEIN



SAFER SMOKING

1. STICK THAT IN YOUR PIPE!

* USE YOUR OWN MOUTHPIECE OR PIPE AVOID GETTING OR SPREADING INFECTION.

* USE A SHATTERPROOF PYREX PIPE OTHER PIPES CAN GET TOO HOT OR GIVE OFF TOXIC FUMES.

* AVOID USING BROKEN OR CRACKED PIPES DAMAGED PIPES CAN LEAD TO BURNS, CUTS AND INFECTIONS.

2. ALL UP IN YER GRILL

* DRINK WATER, USE LIP BALM AND CHEW GUM THESE THINGS WILL HELP KEEP YOUR MOUTH MOIST AND REDUCE CRACKS, BLEEDING, BLISTERS AND RISK OF INFECTION AND HEP C TRANSMISSION

3. USE OR IT LOSE IT

* TEST YOUR GEAR—START WITH A SMALL AMOUNT TO REDUCE YOUR RISK OF OVERDOSE

* USE WITH A BUDDY— ONE AT A TIME. THERE IS SAFETY IN NUMBERS.



ALWAYS DISPOSE OF EQUIPMENT SAFELY!!