

# TIPS FOR SAFER USE

**1. DON'T SHARE OR REUSE EQUIPMENT**



**2. GET NEW SYRINGES**



**3. PREPARE DRUGS CAREFULLY**



**4. TAKE CARE OF YOUR VEINS**



**5. PREVENT OVERDOSE**



**6. GET TESTED & TREATED FOR HEPATITIS C & HIV**



**7. REVERSE OVERDOSE**



**8. GET HELP ACCESS LINE (888) 225-4447**



# DON'T SHARE OR REUSE EQUIPMENT



including pipes and straws

Prevent HIV and Hep C!

## PROTECT YOURSELF!

If you inject, always use new equipment:

- + Use a new syringe, rinse water, cooker, cotton & tie, every time.
- + If someone helps you inject, make sure they use a new syringe.
- + Throw away used rinse water and old cottons.

Follow these steps if you must reuse:

1.



Draw **cold** water into your syringe and shake the barrel. Squirt out the water. Do not reuse this water. **Do this 2 times.**

2.



Draw **bleach** into your syringe and shake the barrel. Squirt out the bleach. **Do this 2 times.**

3.



Draw **new** cold water into your syringe and shake the barrel. Squirt out the water. **Do this 2 times.**

# GET NEW SYRINGES



## USE SAFELY!

Free syringes through **The Exchange**

St. Clair County Health Department  
220 Fort Street, Port Huron  
(810) 987-5300

**Walk-in. No judgment. Confidential.**

## How to get rid of used syringes:

**1.**

Put in sharps  
container.

Containers are  
available through  
Harm Reduction.

Do not try to break  
the tip or recap the  
syringe.

**2.**

Place sealed container  
in the trash.



### No sharps container?

Use a thick plastic container  
(laundry soap bottle).

Close the cap and tightly wrap  
with tape.

Label as hazardous waste.



# PREPARE DRUGS CAREFULLY



- Clean your hands with soap and water or hand sanitizer
- Place equipment on a clean surface

## If you inject:

- + Always use a clean, sterile syringe
- + Use fresh tap water or sterile water tubes (available at The Exchange)
- + Don't use your needle to poke a hole in your sterile water tube. This can make your needle dull. A dull needle can damage your skin and veins.
- + Draw water into your syringe from a clean container.
- + Use a new cooker every time, and avoid touching inside the cooker.
- + Drop the cotton directly into the cooker, and then leave it alone. Don't touch it with your hands!
- + If you share drugs, mix with one syringe and each person should inject with a clean, separate syringe.



# TAKE CARE OF YOUR VEINS



Avoid infections and collapsed veins. Follow these steps:

1.

Wipe your skin in one direction with alcohol or an antiseptic wipe. Allow it to dry.



2.

Find the vein before you shoot. To make your veins visible, tie off your arm above the point of injection.



3.

Point the needle toward your heart when injecting.



4.

Don't dig for veins. When you've found a vein, blood should appear in the barrel of the syringe after pulling back slightly on the plunger. If blood doesn't appear, pull out and try again.



5.

Rotate injection sites to reduce damage to skin and veins.



Injecting into your arms and legs is safer than injecting into hands, feet, neck or groin.



# PREVENT OVERDOSE

**Don't use alone.**



**Know your limits.**



Do a test shot to see how strong the drugs are. If you haven't used in a while, you are more likely to overdose. Use less than usual.

**Avoid mixing drugs.**



Most overdoses happen when people mix heroin or painkillers with other drugs like benzos, methadone, anti-depressants or alcohol.

**Carry an overdose rescue kit.**



Kits contain naloxone (Narcan®), a medication that reverses overdoses caused by opioids if given in time. Free kits available at the Health Department.

# GET TESTED & TREATED FOR HEP C & HIV



**Get tested for Hep C every six months if you inject drugs or share works.**

**Hep C is curable.**

- +** **If you have Hep C, get treated and cured.**  
New treatments are shorter and have fewer side effects.
- +** **You can get infected again.**  
If you share your drugs, use your own new works.

**Get tested for HIV every six months if you inject drugs, share works or have sex without condoms.**

**If you have HIV, get treated.**

HIV medicines can keep you healthy and reduce the chance of passing HIV to others.

- +** **If you think you may have been exposed to HIV, get PEP** (Post-Exposure Prophylaxis) - emergency medication that can stop HIV if started within 72 hours.
- +** **If you're worried about getting HIV, get PrEP** (Pre-Exposure Prophylaxis) - medication that helps you stay HIV-negative.

# REVERSE OVERDOSE



Watch for symptoms of overdose:

- Little/no breathing
- Blue lips or skin color
- Passing out/unresponsive
- Irregular heartbeat
- Small pupils
- Gurgling/ gasping
- Vomiting

## SCARE ME

**S** Stimulate- knuckle rub on sternum.

**C** Call 911- always call 911. Report someone is not breathing.

**A** Airway- pull down chin, look in mouth and scoop away any obstruction.

**R** Rescue breathing- place hand on forehead and other hand under chin and tilt head back, plug nose and give 2 quick breaths. Then give one breath every 5 seconds. Continue until help arrives or person becomes responsive.

**E** Evaluate- after several breaths, is person responding/breathing on own?

**M** Medicate- give Narcan®. Continue rescue breathing since it takes 3-5 minutes to work.

**E** Evaluate/Support- after 5 minutes, if still unresponsive, give one more dose of Narcan®. Continue rescue breathing. The person needs medical attention, even if they are revived. Don't let the person use more drugs.



# GET HELP

**REGION 10  
ACCESS LINE  
(888) 225-4447**

Call the Region 10 Access line to stop or reduce your drug use and to get help if you are depressed or anxious.

**ST. CLAIR COUNTY  
HEALTH DEPARTMENT  
(810) 987-5300**

- Rapid HIV and Hep C testing
- STI testing
- Free condoms
- Pregnancy tests and birth control
- Vaccines (Flu, hepatitis A, etc.)
- Free naloxone (Narcan®)
- Help with health insurance, finding a doctor or mental health services
- Help finding food, shelter, clothing

**220 Fort Street, Port Huron  
Monday 10am - 6pm  
Tuesday - Friday 8am - 4pm**





# USE SAFELY

# FREE SYRINGES

**Walk-in.**  
**No judgment.**  
**Confidential.**

**Monday - Friday**

8:00 am - 4:30 pm

**Late Night**

First Monday of  
Every Month

10:00 am - 6:30 pm

**Prevent Hep C  
and HIV!**



(810) 987-5300



3415 28th Street  
Port Huron, MI  
48060



**ST. CLAIR COUNTY  
HEALTH DEPARTMENT**