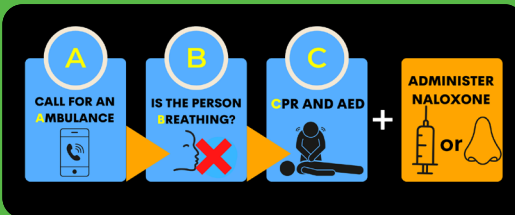
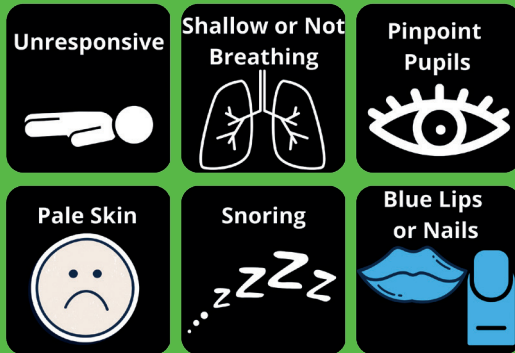


## Signs of an overdose



## How to do CPR



Scan this code to view videos

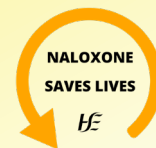
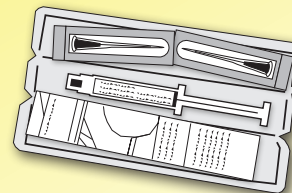


## Reduce the risk of overdose Drugs are changing

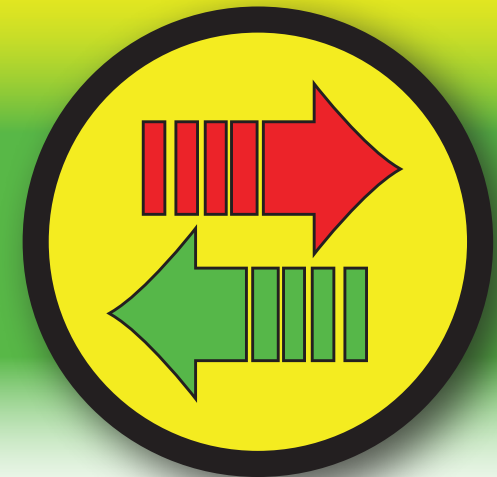
- Assume the drug could be something else.
- Try not to use alone.
- Make an overdose plan with your friends or partners.
- If you haven't used in a few days. Do a tester shot, or go slow, or smoke rather than inject.
- Try and keep with the same supplier.
- Talk to others who have bought from the same supplier.
- Mixing drugs can increase the risk of an overdose.

## Naloxone Saves Lives

Naloxone is a life-saving medication that can reverse an Opioid overdose. If you think you are at risk of an overdose contact your local drug service for information and advice on how to get it.



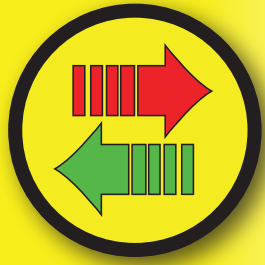
# IRISH PHARMACY NEEDLE EXCHANGE



## Information and Support

**DRUGS.ie**  
Drug and Alcohol Information and Support





## If you choose to inject:

- Put the drug in the spoon.
- Use your new sterile needle/syringe to draw up water from the new ampoule of sterile water.
- Add a little citric acid.
- Add water to the spoon and mix. **DO NOT** use the tip of the needle.

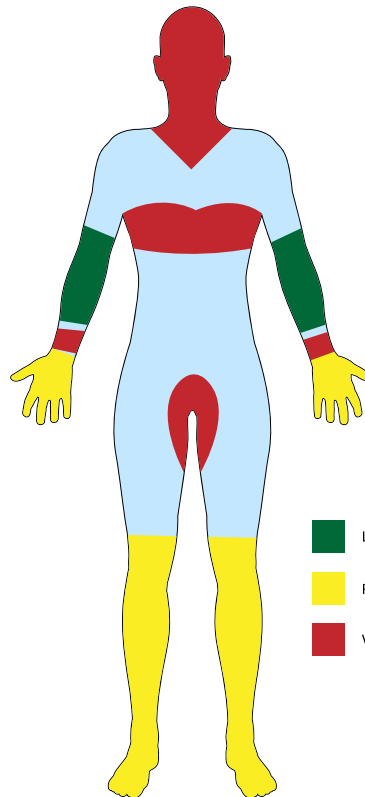


- Use the top of the syringe barrel for mixing.
- Add the filter to the spoon and draw up the mixture.
- Take your time, rushing can mean you make a mistake and miss a hit.
- Ensure all the used syringes are stored in the Sharps box and returned to the pharmacy.



## Inject properly

- Missing the vein raises the risk of an infection. Get some medical advice if the area gets hot, painful or swollen as it could be infected.
- If you inject the wrong way veins can shrink or collapse completely over a period of time. It can also cause the skin to break down, resulting in sores and abscesses, which may become infected.
- Do not smoke cigarettes or vape just before you inject – nicotine makes your veins (and arteries) narrower and makes it more difficult to inject.



- Less risky
- Risky
- Very risky

- Drink plenty of water this this will help your veins expand as much as possible. When veins get bigger they are more visible. Veins that are bigger in the arm are easier and safer to hit.
- Try and rotate your injection sites.
- Each time you inject move at least one inch from your previous hit. It's even better if you can move to a different site altogether.
- Injecting into the same spot will cause that vein to scar or collapse.

- 
- Use a new needle and syringe every time you inject drugs.
  - Never share syringes, water, swabs, spoons and filters with another drug user, not even your partner.
  - Always inject yourself using your own equipment to reduce the risk of getting Blood Borne viruses such as HIV and Hep C.
  - Don't reuse - needles go blunt after a few uses. Once they are blunt they can damage your arms.
  - If sore take the needle out and start again, always using a new needle.
  - Keeping your own equipment separate will help reduce the risk of accidental sharing.