

STAY SAFE/KEEP SAFE TIPS #1



NHHRC



USE CLEAN WORKS

You can prevent harm to yourself + others by using injection supplies once and disposing of them properly afterward. Hep-C, HIV, and infection-causing bacteria live in used and shared syringes, cookers, filters, etc. **NEVER SHARE USED WORKS!**



ROTATE YOUR VEINS.

Use arms when possible. Start low + work your way up vein in direction of heart. Avoid arteries (wrist, neck, groin) and feet. "Bevels up" -- make sure you can see the hole in the needle's tip while injecting to avoid piercing **through** the vein.



TAKE YOUR TIME.

Fear causes mistakes. Mistakes can be deadly. Take control by taking your time. Use a tiny tester amount first. You can always put more in, but you can't squeeze it out. **If you must use alone**, stay accessible. Nobody can revive you if they don't know where you are or can't get to you.



CARRY NALOXONE (NARCAN).

You can save a life. Naloxone (brand name Narcan) is legal and safe to have and use for a suspected opioid overdose. Make sure others know you have it. Learn how to get free naloxone here: <http://nhhrc.org/naloxone/>



CALL 911 IF YOU SUSPECT AN OVERDOSE.

NH Good Samaritan Law protects callers and overdose victims from arrest for small amounts of drugs and paraphernalia at the OD scene. Seconds count.



SEEK CARE & CHALLENGE YOURSELF.

If you're hurt, in danger, or want to make a change - speak up for yourself. You deserve safety, health, happiness.