



Stay Safe Tips for People who Inject Drugs and New Hampshire Syringe Service Programs



Use sterile injecting supplies

You can prevent harm to yourself and others by using injection supplies once, never sharing them, and disposing them properly afterward. Connect with a Syringe Service Program for sterile injecting materials, disposal containers, and to drop off used materials.



Take care of your veins

Use arms when possible. Start low and work your way up the vein in the direction of your heart. Switch up veins each day. Avoid arteries (wrist, neck, groin) and feet. Make sure you can see the hole in the needle as you inject.



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.



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 how to use it. For free naloxone connect with a Syringe Services Program or check <https://thedooway.nh.gov/avoid-overdose>.



Call 911 if you suspect and overdose

Seconds count. The NH Good Samaritan law protects callers and overdose victims from arrest for small amounts of drugs in paraphernalia at the scene of an overdose.



Don't use alone

Nobody can help you if they don't know you're there.



Seek care and challenge yourself

If you're hurt, vulnerable, or want to make a change, speak up for yourself. You deserve safety, health, and happiness. Check out the resources on the back to connect with a Syringe Service Program and/ or The Doorways, locations listed at <https://thedooway.nh.gov>.



Syringe Service Programs in New Hampshire

Organization	Location	Contact and Program Information
	Keene area	Confidential call or text to connect Phone: (603) 903-4049 www.facebook.com/GROWSSP/
	Dover, Rochester, & Somersworth	Confidential call or text to connect Phone: (207) 370-7187 Web: www.nhhrc.org/handup See website for outreach schedule
	Claremont	Thursdays from 3:30 to 6:30pm (please arrive by 6:15pm) @ Valley Regional Hospital 243 Elm Street, Claremont, NH Phone: (603) 276-9698 Email: Randy@H2RC.org Web: www.h2rc.org/syring-exchange
	Manchester area	Confidential call or text to connect Phone: (603) 463-6241 Web: http://nhhrc.org/queen-city-exchange/outreach/
	Nashua area	To request services, call to connect Phone: (978) 743-9636. Email: hope@aidstaskforcenh.org Web: http://aidstaskforcenh.org/ssp/