

**SHOOTING UP,  
NOT F#\$%ING UP**

**NHHRC** 

NH Harm Reduction Coalition



**USE CLEAN WORKS.**

You can prevent harm to yourself by using injection supplies once, never sharing them, and disposing them properly afterward.



**ROTATE YOUR VEINS**

Use arms when possible. Start low, working way up vein toward heart. Avoid arteries (wrist, neck, groin), feet, & hands. Make sure you can see the hole in needle as you inject.

**TAKE YOUR TIME**

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.



## DON'T USE ALONE

Stay accessible. Nobody can revive you if they don't know where you are.



## CARRY NARCAN

Narcan is legal and safe to use for a suspected opioid overdose. Make sure others know you have it & how to use it.

## SEEK CARE AND CHALLENGE YOURSELF

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



## SECONDS COUNT

Call 911 if you suspect an overdose.

The NH Good Samaritan law protects caller & overdose victim from arrest for small amounts of drugs and paraphernalia.

Visit [NHHRC.org](http://NHHRC.org) for more safe use tips.

Wherever you are on your journey, The Doorway will connect you to the support and level of care that is right for you. Call 211 to begin.