Avoiding Overdose

- You should try not to use alone
- Know what you can take, this is called knowing your tolerance
- Remember if you have not used in a while, you need to be careful with how much you use
- It is always safer to snort or smoke instead of injecting
- Mixing street and prescribed drugs can be dangerous, you should try to avoid it
- Try to use with someone who can help if you overdose
- If your supplier changes do a ‘taster’ to check the strength of your drugs.

Keeping Safe Checklist

- Keep your works to yourself; one works, one person, one use.
- You should only use the water amp once and don’t share it.
- Call the Drugs/HIV Helpline on 1800 459 459
- Visit www.drugs.ie or email drugshiv@hse.ie

Ask your pharmacist

- For advice on where to get tested for HIV and Hep C
- For advice on where to get vaccinated against Hep B
- For advice about where you can get on to a treatment programme
- For the nearest services in your area

What to do if someone is overdosing

1. Shake and shout
Try to wake them up by calling their name and shake them by the shoulders.

2. Check for breathing
Tilt the head back and make sure the airway is clear.

3. Call 112 or 999
If they do not respond to noise and are not breathing, call 999 without delay.
- Stay calm
- Tell the operator where you are and that the person is “not breathing”
- Gardaí priority (if they come) is to save lives and to back up the medical services.

4. Basic Life Support
If they aren’t breathing then start basic life support:
- Tilt the head back and make sure the airway is clear
- Do 30 chest compressions
- Pinch the nose closed and give 2 slow rescue breaths

5. Recovery position
Once they are breathing put the person into the recovery position until the ambulance arrives.

Treatment - Where to start?

To talk about your treatment options and to find out about testing for blood borne viruses visit www.drugs.ie or call the drugs/HIV helpline on 1800 459 459 or email drugshiv@hse.ie

Additional Information

Overdose information provided by www.inef.ie
**One Hit Kit & Filter Syringe**

You should only use the Filter Syringe and contents of the One Hit Kit once.

This syringe will filter the solution so you don’t have to use a makeshift filter or share any of your works.

**PIN Number**

Each filter syringe has 6 scratch off panels to help you identify your own works.

---

**Injecting Tips**

- Injecting into the neck is very dangerous. **DON’T**!
- Women should avoid injecting in the breast
- Stomach OK for Skin Popping ONLY
- Top of the arms are OK for injecting into the muscle
- Veins in the upper arm are OK to use. To avoid collapsing them, rotate sites often
- Veins in hands and fingers are possibilities. Use a fine needle as it can be painful. Before injecting, remove all rings as this could result in losing fingers.
- Buttocks & Top of Thigh are OK for injecting into the muscle. Use alternate legs each time.
- There is a deep vein (the femoral) on the inside of your groin. But it’s next to an artery and a nerve. If you miss you’re in big trouble. **DON’T DO IT**!

**Safer Injecting Advice**

1. Wash your hands and the area before preparing to inject
2. Only use your own equipment, including needles, filters, syringes, cups, water, citric
3. Use the smallest needle possible
4. Smoke before injecting - takes the edge off sickness
5. Smoke as an alternative to injecting.
6. Use the smallest amount of Citric possible
7. Inject with the blood flow
8. Check you’re in the vein
9. Inject slowly
10. Rotate your sites
11. Use the smallest amount of Citric possible
12. Visit your local drug & alcohol service for help and advice or call 1800 459 459