



Safer Shooting & Intravenous Drug Use

Methods of Drug Use

Snorting can cause irritation and damage inside the nose. This damage now increases the risk of contracting HEP C when sharing drug equipment. Drugs that need to be crushed should be crushed very fine. This will reduce the damage and reduce the amount of the drug you need to get the same high.

Smoking this method is safer than snorting but sharing equipment still has risk attached. Sharing rigs such as pipes & mouth pieces if you have burns or cuts around your mouth increases the risk of transmission of Hep C.

Dabs/Dabbing is Smoking butane hash oil-(bho)

Swallowing this method reduces the risk of contracting Hep C significantly. Although it may take longer to get high it is the safest way to take a drug.

Hooping /Dabbing this method causes irritation in the vaginal and anal area and increase the risk of contracting HIV, Hep C, and other STI's. . Dabbing is touching the chosen drug to the gums & mouth. It can also cause irritation to the mouth and increase risk of being infected

Things you can do to shoot safer.

The best way to avoid a transmission of blood borne viruses is **not** to share needles or other drug use equipment.

Don't share drug equipment.

Always use a:

- New needle
- New filter
- Use you own cooker or spoon
- A new alcohol swab when cleaning the injection site
- Sterile water

If you have trouble accessing new equipment, you may consider other ways of using; snorting, swallowing, smoking or stuffing.

When snorting **do not share straws or bills**. Even though snorting is safer than shooting there are still risks involved.

You are also at risk for Hepatitis C if you share crack pipes, straws and bills.

Drink lots of water because when you are dehydrated your veins shrink and are harder to locate.

If you cant find a vein try to move or swing your arm as these movements assist in the blood circulation.

Rotate injection sites to allow healing of your veins.

Clean injection sites, with an alcohol swab, to reduce open sores or infection.

Never shoot drugs alone ! You can't call 911 if your not conscious.

Mainline Needle Exchange is located in Halifax but does outreach work for the whole mainland of Nova Scotia. Mainline has a mobile unit that can meet clients at a location that is comfortable and confidential. They can provide new works and swabs for cleansing the injection site.

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Hepatitis C

Hep C is a virus and enters the body through blood contact. The virus attacks the liver and decreases overall liver function. The liver is responsible for over 500 functions in the body. Over many years the virus scars the liver decreasing it's ability to work properly. Many people do not know they have Hepatitis C because there are no symptoms for many years.

Some Symptoms of Hep C: tiredness, loss of appetite, nausea and diarrhea, In rare cases jaundice (a yellowing of the skin and eyes) will appear.

Drinking alcohol and long term use of medications that are known to be toxic to the body can make liver damage worse.

HIV

Human Immunodeficiency Virus - this virus damages the immune system and the body can't fight infections as well. Eventually the immune system weakens to the point where opportunistic infections such as influenza and rare forms of cancer become life threatening.

Co infection is when you have come in contact with both Hep C and HIV. This can make treatment more difficult and complex. Make sure you have a good communication with your doctor and any other health care services so you can get the greatest benefit from your treatment regimen

Note : there is no vaccine for HIV or Hep C. Ask your health care professional about available treatment options.

Drugs to Shoot

Morphine
Hydro Morphine
Dilaudid- Dilly's
Coke- Blow
Oxycontin- Oxy's
Crack- Rock
Heroin-Smack+ Coke = Speedball

Drugs usually sniffed

Coke- Blow, Powder, Snow
Morphine
Hydro Morphine- Hydro Morphs
Dilaudid- Dilly's
Oxycontin- Oxy's
Ecstasy-E
Heroin-Smack
Speed-Bennies
Valium- Blueberries

Drugs that are Smoked

Marijuana- Weed, Dope, Green, Smoke
Hashish- Hash
Crack- Rock
Coke- coco puff when mix with weed
Salvia
Oxy Contin- Chasing the Dragon

Drugs you should never inject!

Ecstasy -you never can tell what is going to be in it so it's not worth the chance.

Alcohol- very easy to die of alcohol poisoning, even if a small amount is injected, because it does not get filtered through the bodies natural system before it hits the bloodstream.

Percocet's- there is acetaminophen in perks and that can cause many problems once inside your veins. Stick to popping or snorting them.

Skin Popping- injecting of drugs between your skin & fat layers. You will see a bubble form under your skin that can sometimes be very painfull.

Rigs- Needles or spoons that you use.

Cooking- Heating up the spoon from below with a lighter or match. The heat will help dissolve the drugs. Cooking will not make things sterile but will increase your odds against infection.

Red Flags- When you see blood go into the needle after hitting a vein, it tells you that it is ok to shoot.

Basic Safety!

- Be in a safe and familiar place to use drugs. Make sure you trust the people you use with.
- Never share drug equipment.
- Ask questions and know the drugs that you are using and your dealer.
- Understand the risk with mixing different drugs together. Some mixtures can be lethal.
- When using drugs from a new or unknown dealer, a prolonged time of not using do half your regular dose to be on the safe side.