

INFECTIONS or SIGNS OF AN OVERDOSE

In the case of an overdose, lay the person on their side, in case they vomit/throw up.

Stay with them and get someone to contact 911.

Seek medical assistance if you are experiencing fever, chills, sweats, dizziness, redness, warmth, swelling/pain where you inject, headaches, get sick to your stomach, throwing up, having trouble breathing, chest pain or are feeling sick for a few days in a row.

Signs of an overdose:

- **Injection site red , sore or hot to the touch**
- **A fever**
- **When using “uppers” - seizure, chest pain, fast or irregular heartbeat, dry mouth, loss of body control, sweating, large pupils, hot body temperature**
- **When using “downers” - heavy snoring, hardly breathing or not breathing, blue around the lips, tiredness, body feels limp, drooling, cold and clammy skin, slow heart beat and nodding**
- **When something goes wrong call 911 immediately !!!**
- **Don't waste a minute !!**

For information and resources on health related issues and playing safe contact NHCS or visit the extensive onsite Resource Library.

- ***Vein Care Fact Sheet***
- ***Safer Shooting/Shorting Fact Sheet***
- ***Lunch & Grab Program***
- ***Needle Exchange***
- ***Free Condoms***
- ***Condom Fact Sheet***
- ***Opiate Treatment Programs***

Resources and Assistance

If you are looking for information and or contacts regarding the following issues, contact Northern Healthy Connections Society at 902-895-0931

Injection Drug Use

Needle Exchange

Opiate Treatment Programs

Hepatitis

HIV/AIDS

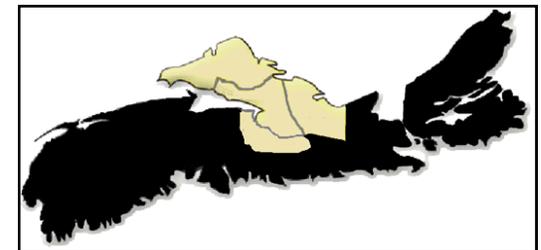
Testing

Sexual Health

Printed Resources



**Make Your Trip Safer
in Northern
Nova Scotia**



**Colchester/East Hants,
Cumberland, Pictou Counties**

**33 Pleasant Street
Truro, Nova Scotia
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Email: nacs@eastlink.ca
www.northernaidsconnectionsociety.ca**

  @NHCsociety
www.facebook.com/nhcsns

Getting Started

Clean/ Safe Pointers:

- Always choose to shoot in a safe place
- Do not shoot up alone
- Check tip of the rig being used to prevent ripping/tearing the skin
- Wash your hands with soap and water

Pay attention to order and detail !!

#1 Preparation/What You Need

- New works
- Sterile water
- Disposable sharps container/large empty pop bottle with secured top will do
- Clean surface to use on

2 Injecting

- Always try to use a different vein
- Arms, legs, hands & feet are safer
- Try avoiding head, neck, wrist or groin/crotch area...you make hit an artery. If this happens, carefully remove needle and put pressure, when bleeding call 911

Be Careful

3 Cooking/Mixing

- Need sterile water
- Drinking or tap water is not sterile—using it can cause complications such as infection/ abscesses
- You can use tap water by boiling for 10-15 minutes
- Use cotton filters that are designed to not break apart easily
- This minimizes the chance of injecting fibres and clogging veins (cotton fever)
- Cook your drug of choice by using a cooker or clean spoon
- If you are using crack, consider using vitamin C to help break it down. If you experience burning, use less vitamin C the next time
- Drop a single cotton filter into your mix. Put the tip of the rig into the hole in the filter (to protect the tip) and pull the mix into the fit. (Drawing the mix slowly reduces air/bubbles)
- Place cap back on the needle and wait for it to cool before using
- Never shoot anything hot, this will damage your veins

#4 Finding a good vein

- Tie a tourniquet above where you shoot so the vein shows and it can be pulled off easily
- If you are having difficulty getting the needle in or to push the plunger, you may have hit a valve...gently take it out and start again at a different spot

Be Safe

5 - Injecting

- By using a new alcohol swab, clean the skin around the site your injecting
- Wait for it to dry
- Take the cap off the rig and hold it with the point up, tap the plastic to ensure bubbles rise to the top
- Press the plunger a little to push any bubbles out
- Put the needle in on a 30-24 degree angle, sloped side facing up towards your heart (Refer to picture below)
- Pull plunger back until you see dark red blood in the fit
- If the blood is bright red, gently pull the needle out and try again as you may be in an artery (this is unsafe)
- Carefully untie the tourniquet and slowly push the plunger while taking a deep breath
- Gently remove the needle and use a new alcohol swab to press down on the site



6- After Injecting

- Press until bleeding is stopped
- Place all used rigs in a sharps container to prevent reuse
- Don't lick the injection site...bacteria from your mouth can cause an infection