

What to expect

opioids

eg: heroin, morphine

The high

- Lasts 20 mins to 2 hours for heroin, and up to 24 hours with other opioids
- Feeling intense pleasure and reduced pain
- Warm skin, dry mouth and heavy feeling arms and legs
- Nausea, vomiting and severe itching
- Slow, shallow breathing

Coming down

- Feeling restless, sweaty, stomach cramps and diarrhea
- Muscle spasms and bone pain
- High blood pressure
- Strong cravings for more heroin

stimulants

eg: cocaine, crack, meth

The high

- Lasts 15 to 45 mins with coke or crack, and up to 24 hours with speed or meth
- Feeling an intense, euphoric rush
- Warm skin, dry mouth
- Feeling thirsty, not hungry
- Rapid heartbeat and breathing
- Hallucinations, delusions

Coming down

- Feeling restless, sweaty and twitchy
- Sensitivity to noise and light
- Feelings of paranoia
- Strong cravings for more crack

Signs of overdose

opioid overdose

Feels like:

- You can't stay awake
- You don't have any energy or strength
- You can't walk, can't talk

Looks like:

- Slow pulse or no pulse
- Slow breathing or no breathing
- Skin looks pale and blue, feels cold
- Can't wake up or talk
- Pupils are pin-sized or eyes rolled back
- Vomiting
- Body is limp

stimulant overdose / overamped

Feels like:

- Your heart is pumping fast & irregularly
- You are short of breath
- Your body is hot, sweaty, shaky, itchy skin
- You have chest pain
- You can't talk, can't walk, possible stroke
- You are agitated, aggressive, confused

Looks like:

- Fast pulse or no pulse
- Fast or no breathing
- Hot and sweaty skin
- Confusion, hallucinations, unconscious
- Can't talk, can't walk
- Vomiting
- Seizures

Your peers created this harm reduction pamphlet for you. **Be Safe.**

What to do if someone ODs

- 1 Call out for help - **do not leave the person**
- 2 If they've OD'd on opioids, try to get them awake and moving
If they've OD'd on stimulants, try to get them to slow down and relax
- 3 Send someone to call 9-1-1 for an ambulance and report back
- 4 Tell paramedics as much as you can about what happened

Need info about addiction services?

help is available 24 / 7

call the Drug & Alcohol Helpline

1.800.565.8603

confidential, anonymous, free

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talk to your local harm reduction site about what safer drug use supplies they have available

Safer Injecting

opioids stimulants

Safer injecting equipment



sterile needle



sterile water



alcohol swab



cotton filter



cooker



tourniquet



lighter



Vit C
(ascorbic acid)



clean hands



ontario harm reduction distribution program
1.866.316.2217 www.ohrdp.ca

OHRDP is a program of:

KCHC Kingston Community Health Centres
CSCK Centres de santé communautaire de Kingston

Safer Injecting

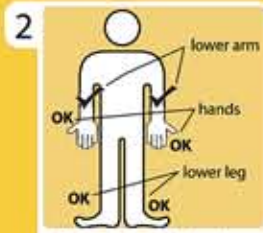


note: combining substances can be dangerous, proceed with caution

Safer injection tips



1 Clean your hands with soap and water or alcohol swabs



2 Choose your injection site (lower arm is safest. If you have to inject elsewhere, lower leg then hand are OK)

3 Prepare your drugs: cocaine/crack



Pour cocaine into cooker



Add just enough Vit C to dissolve the crack



Pour sterile water into cooker



Use clean capped needle, grind crack and Vit C to mix



Use a capped, clean needle, grind cocaine to mix



If mixture is cloudy or has sediment heat as needed



Place cotton filter in drug



Place needle in filter and draw liquid into needle

3 Prepare your drugs: heroin



Pour drugs in cooker



Pour sterile water in cooker



Heat until drug becomes liquid



Place cotton filter in drugs



Place needle in filter



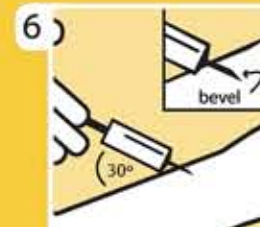
Draw liquid into needle



4 Clean your injection site with an alcohol swab



5 Tie off with a tourniquet using a quick release



6 Inject your needle with the bevel up at 30 degree angle towards your head



7 Flag your needle: push in a little then pull plunger back until you see blood in the needle



8 Loosen tourniquet



9 Inject drug slowly



10 Pull needle out. With clean gauze, apply pressure to injection site



11 Safely dispose of all equipment. Talk to your harm reduction site

- Taste your drugs before you use
- Always use with a buddy
- Use a new needle for each injection
- Please don't break off the tip of your needle or re-cap it – it's not safe
- Remember: two holes in your arm are better than one in the ground – If you haven't used in a while, reduce your dose
- Protect yourself and your community – always dispose of your equipment safely

injecting

- The most dangerous place to inject is your neck
- To make your veins more visible: jog on the spot or do push-ups before tying off
- If you can't see the bevel, look for the numbers on the side of your needle, they often line up with the bevel

filters

- Use a filter once only

tourniquets

- Ties should be on for two minutes maximum
- If your hand falls asleep or arm turns red while tied off, the tie is too tight, or has been on too long

abscesses & wounds

- Keep injection sites clean and watch for abscesses – they can happen anywhere on the body, not just where you inject
- If you have an abscess, do not pop it
- Seek medical care for treatment of abscesses or wounds – they can lead to dangerous infections