

# HARM REDUCTION ADVICE



If you are using heroin remember these steps to help you stay safe.

## Drug supplies change, test first

- What's in your drugs can change frequently and your dealer doesn't always know what's in them or how powerful they can be.
- Start with a small amount or inject slowly to test first

## Try not to use alone

- If possible, use with others and take it in turns to use. Using alone is much more risky as there is no one to look out for you if you overdose.

## Look out for signs of overdose

An overdose won't always look the same but some of the signs to look out for are:

- Falling unconscious
- Very light shallow breathing or no breathing
- Loud raspy 'snoring' or gurgling
- Blue or pale lips or fingertips

## Call an ambulance

## Naloxone - get it, carry it, use it

If someone overdoses act fast, don't wait to see if they will recover - you could save their life:

- Remember, call an ambulance immediately
- Check the person is breathing
- Put them in the recovery position: on their side with their head resting on their arm
- Give them naloxone as soon as possible