BANGING UP COKE?
USE CLEAN WORKS

A BOOKLET ON HOW TO AVOID INDIRECT AND ACCIDENTAL SHARING
Most people don’t share works… at least not intentionally. These days people know not to share, lend or borrow works. However, often people don’t know the risks of indirect sharing. If you inject cocaine, this booklet will show you how to do this more safely.

SAFER INJECTING: BASIC TIPS

1. BEFORE YOU INJECT
   - Get your own works from your local needle exchange.
   - Never share needles, water, filters, spoons or works with another drug user not even your partner, boyfriend or girlfriend.
   - Avoid using alone.

2. WHEN INJECTING
   - Wash your hands first.
   - Always swab the area with a clean alcohol swab before injecting.
   - It is best to learn to inject yourself.
   - Don’t lick the needle – there are bacteria in your mouth which can get on to the needle. Bacterial infections can be fatal.
   - Take your time – rushing could mean making a mistake.
   - If it’s sore take the needle out and start again - always using a clean needle.
   - Do not swab the area after injecting – just apply pressure.
   - Front or back loading is only ok if you know all the equipment is unused.
   - If there is clotted blood in the syringe consider using the ‘up your bum’ method.

3. WHAT TO DO IF SOMEONE OVERDOSES
   - Call 999 immediately – don’t assume they’ll come around.
   - Try not to panic.
   - If they are breathing put them in the recovery position – this stops them from choking on vomit.
   - If the person is not breathing, and you know CPR, try to resuscitate them.
   - Stay with the person until help arrives. The paramedics will need to know what they have taken.
WHAT IS INDIRECT SHARING? READ ON...

Sharing coke by squirting it from one used works to another. This is also known as front-loading or back-loading. If you share coke this way then you may also be sharing more than your coke i.e. you may be getting Hep C and HIV. It is much safer to split the cocaine as a powder and then cook up separately.

People often get their works confused with someone else’s and are at risk of getting HIV and Hep C. This booklet will tell you about coloured syringe markers that you can get from your needle exchange so you will always know what syringe is yours and you will never accidentally share a syringe again.

Using the same water as someone else. Water that is used to clean works or to cook up with can have tiny amounts of blood in it (so small you would never be able to see them). If you use the same water as someone else then you are at risk of HIV and Hep C. Always use your own water.

Using the same filter and spoons as someone else. HIV and Hep C can be passed on if you use the same spoon and filter as someone else. Always use your own filters and spoon.
Squirting coke from one used syringe to another means you can pass on HIV and Hep C.
The safest way to avoid Hep C and HIV is to share coke as a powder and not as a solution. Use your own works, water, filter, spoon and tourniquet.

Squirting coke solution from one used works to another syringe means you can pass on HIV and Hep C. If you are going to share coke in a solution – Always use clean works.

Spilt the coke in powder not solution, one person cuts the other person chooses.

Cook it up to avoid impurities.

Use your own works in an area well separated from other people using.
AVOID MIXING UP YOUR SYRINGES USE YOUR SYRINGE IDS

If you are banging coke, don’t take a chance, know which syringe is yours
Avoid mix-ups. Identify your works. Use colour syringe markers (syringe IDs).

Remember; there are different forms of HIV and Hep C, protect yourself and your partner and friends. Use syringe markers and always know what syringe is yours.

Remember to keep your works close; others may try to use them without you knowing.

It is best to use your own works in an area well separated from other people using.
Cleaning your syringe with water does not protect you from Hep C and HIV, always use your own clean works.

It is best to use sterile water from your needle exchange. If you have not got this then use boiled water you have let cool. Remember that bottled water from the shop contains bacteria.

Never share water

Always use your own water for cleaning your syringe and mixing up your coke
...AND DON'T FORGET

Mixing drugs increases the risk of overdose. If you have detoxed or have been in prison your tolerance will have reduced – try a test dose first.

Take a break from injecting to give your veins a chance to recover – try alternative approaches e.g. snorting. There is help and support available. Contact the needle exchanges opposite for more information on injecting or reducing your drug use.

EXCHANGE TIMES

IF YOU WOULD LIKE MORE INFORMATION ON SAFER INJECTING PRACTICES YOU CAN GET INFORMATION FROM STAFF IN A NEEDLE EXCHANGE, A HSE OUTREACH WORKER OR YOU CAN ASK FOR A SAFER INJECTING HANDBOOK FROM THE HSE, THE ANA LIFFEY DRUG PROJECT OR MERCHANTS QUAY IRELAND. YOU MAY ALSO BE INTERESTED IN SAFER INJECTING WORKSHOPS OR 1-2-1 SESSIONS, ASK AT YOUR DROP-IN OR EXCHANGE.
HSE NEEDLE EXCHANGE AND OUTREACH SERVICE

DAILY
MOUNTVIEW & BLAKESTOWN COMMUNITY DRUGS TEAM
105 Coolmine Industrial Estate, Dublin 15
Mon, Tues & Fri 9.00am – 1.00pm & 2 – 5.00pm
Wed & Thurs 9.00am – 2.00pm

WEEKLY
MOBILE UNIT, DR. STEVENS HOSPITAL
9.45 – 10.45 am

MONDAY
AISLING CLINIC (portacabin)
2.15 – 4.30pm

ST. AENGUS TALLAGHT: 2.00 – 4.00pm
DOLPHINS BARN, D12: 2.00pm
SALLYNOGIN HEALTH CENTRE:
6.30 – 7.30pm
DUNDRUM HEALTH CENTRE:
11.00 – 4.00pm

HOWTH HEALTH CENTRE
Main Street, Howth
2.15 – 4.30pm

TUESDAY
BALLYFERMOT HEALTH CENTRE
2.15 – 4.30pm

BALLYMUN HEALTHCARE FACILITY
Civic Centre, Main St, Ballymun
6.00 – 8.30pm

SUMMERHILL HEALTH CENTRE
90 Summerhill, Dublin 1
2.15 – 4.30pm

CLANCY NIGHT SHELTER
Blessington St (residents only)
7.00 – 8.30pm

WEDNESDAY
CELBREDIGDE, ATHY, NEWBRIDGE,
CO. KILDARE – by appointment
CHRYSALIS DRUGS PROJECT
Benburb St, Dublin 7
7.00 – 9.00pm (women only)

HARTSTOWN/HUNTSTOWN
Community Drugs Team
Dublin 15
9.00am – 5.00pm & 6.00 – 8.00pm
J.A.D.D TALLAGHT
5.30 – 7.30pm

DOLPHINS BARN, D12
2.00pm

SALLYNOGIN HEALTH CENTRE
6.30 – 7.30pm

DUNLAOGHAIRE/LOUGHINSTOWN
2.00 – 5.00pm

DUNDRUM HEALTH CENTRE
6.30 – 7.30pm

THURSDAY
CORDUFF HEALTH CENTRE
Dublin 15
5.00 – 7.30pm

HARTSTOWN/HUNTSTOWN
Dublin 15
Community Drugs Team
9.00am – 5.00pm

INCHICORE HEALTH CENTRE
2.15 – 4.30pm

RIALTO COMMUNITY DRUG TEAM
6.30 – 8.30pm

SIMON HOSTEL, HARCOURT ST
12.30 – 1.30pm (restricted access)

SALLYNOGIN HEALTH CENTRE
6.30 – 7.30pm

BRAY
2.00 – 5.00 pm

FRIDAY
CLANCY NIGHT SHELTER
Blessington St (residents only)
8.00 – 9.30am

NORTH STRAND HEALTH CENTRE
North Strand. Dublin 3
2.15 – 4.30pm

WELLMOUNT HEALTH CENTRE
Wellmount Road, Finglas, Dublin 11
2.15 – 4.30pm

RASP/DARDNALE
Old Belcamp Lane, Darndale, Dublin 17
2.00 – 4.30pm

CARP TALLAGHT
12.00 – 2.00pm

DOLPHINS BARN, D12
12.00 – 2.00pm
AVOID ACCIDENTAL OR INDIRECT SHARING:

1. ALWAYS KNOW WHAT SYRINGE IS YOURS BY USING COLOURED SYRINGE MARKERS (AVAILABLE FROM YOUR NEEDLE EXCHANGE). YOU WILL NEVER ACCIDENTALLY SHARE A SYRINGE AGAIN.

2. IT IS MUCH SAFER TO SPLIT THE COCAINE AS A POWDER AND THEN COOK UP SEPARATELY.

3. ALWAYS USE YOUR OWN WATER FOR MIXING-UP YOUR COKE. GET YOUR STERILE WATER FROM YOUR NEEDLE EXCHANGE.

4. ALWAYS USE YOUR OWN FILTERS AND SPOON.

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SOURCES

- ‘SAFER INJECTING GUIDE’, 2007. MERCHANTS QUAY IRELAND.
- EXCHANGE SUPPLIES, U.K.