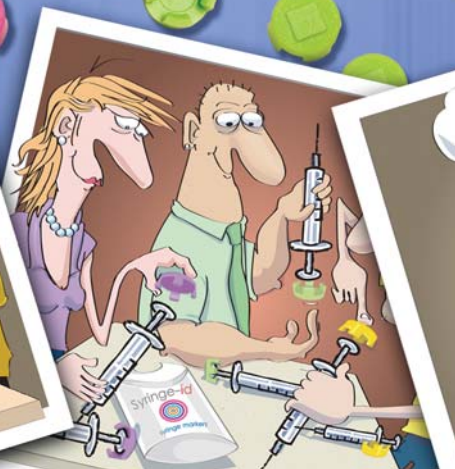


YOU
CAN AVOID
HEP C & HIV

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

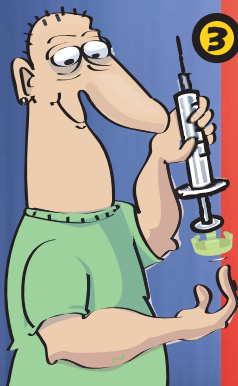
- Get your own works from your local needle exchange.
- Never share needles, water, filters, spoons or works with another drug user not even your partner, boyfriend or girlfriend.
- Avoid using alone.

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.**

.....



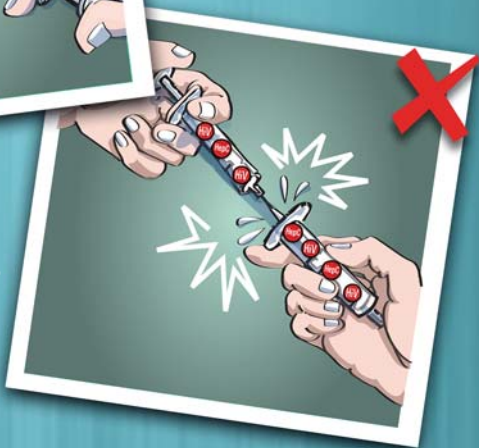
AVOID SPLITTING
**COKE IN
SOLUTION**

**SPLIT IT AS
A POWDER**



Squirting coke
from one used
syringe works to another
syringe means
you can pass on
HIV and Hep C

Squirting coke
from one used
syringe works to another
syringe 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.

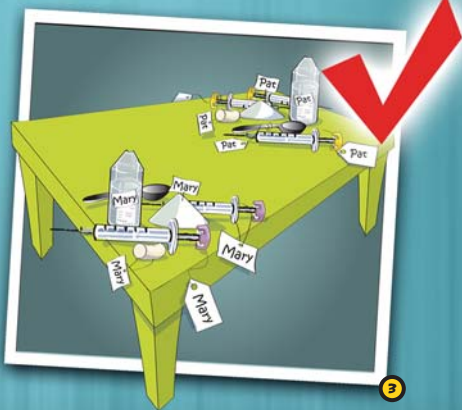
Squirting coke solution from one used works to another syringe means you can pass on **HIV** and **Hep C**. If you are going to share coke in a solution – Always use clean works.



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

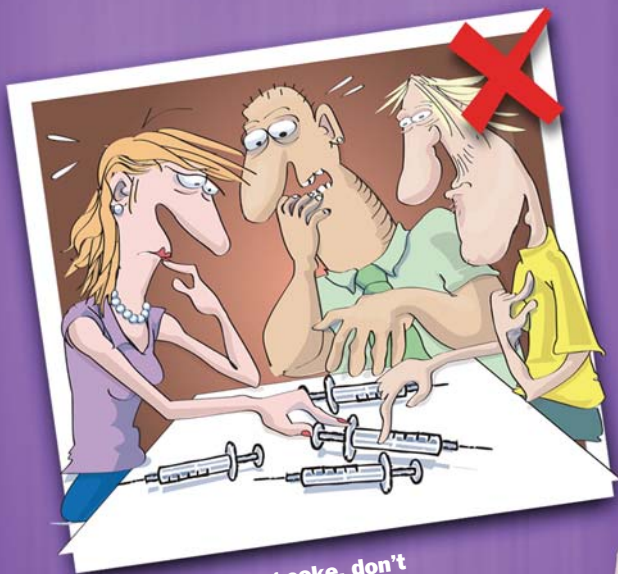


Cook it up to avoid impurities



Use your own works in an area well separated from other people using

**AVOID MIXING
UP YOUR
SYRINGES** **USE YOUR
SYRINGE ID_s**



**If you are banging coke, don't
take a chance, know which
syringe is yours**

syringe-**id**

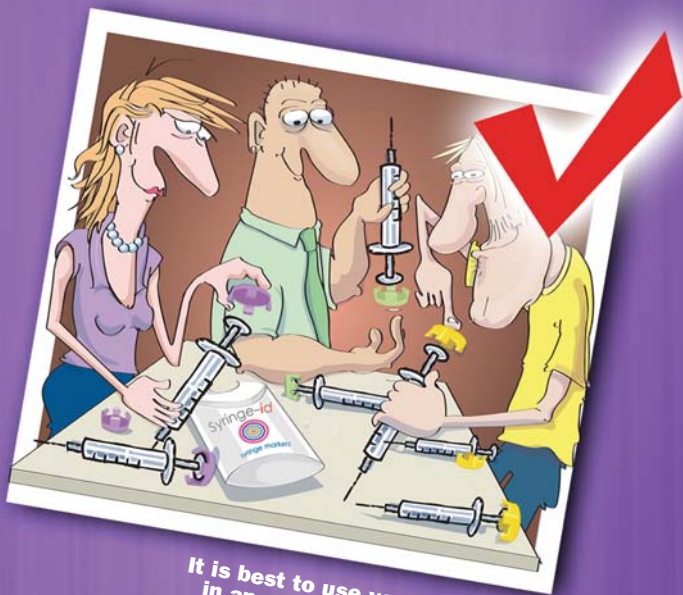


inge markers

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.

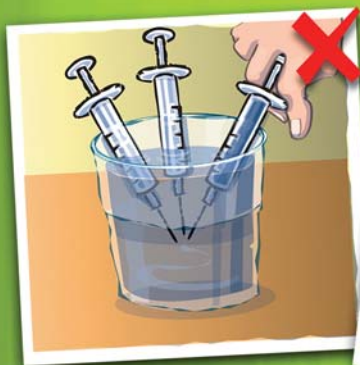


*It is best to use your own works
in an area well separated from
other people using*

AVOID SHARING SPOON FILTERS & WATER

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.

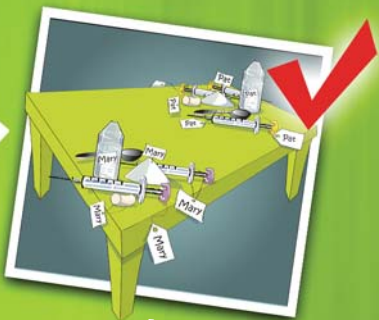


Never share water



Always use your own water for cleaning your syringe and mixing up your coke

YOU
CAN AVOID
HEP C & HIV



Always use
your own spoon,
filters and
tooters



Always use your
own tooter

...AND DONT 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.



YOU CAN AVOID
HEP C & HIV

MERCHANTS QUAY IRELAND

DAILY

Monday, Wednesday, Thursday, Friday
10.00am – 1.00pm and 2 – 4.30pm
Tuesday 2 – 4.30pm Ph: (01) 645 6500

**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

**CELBRIDGIDE, 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 – 7.30p.m

DOLPHINS BARN, D12
2.00pm

SALLYNOGIN HEALTH CENTRE
6.30 – 7.30pm

DUNLAOIGHRE/LOUGHLINSTOWN
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/DARNDALE

Old Belcamp Lane, Damdale, 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.**



ACKNOWLEDGEMENTS

THIS BOOKLET HAS BEEN CREATED BY: PROGRESSION ROUTES/SAOL, MERCHANTS QUAY IRELAND, HSE NORTHERN AREA OUTREACH TEAM, UISCE AND THE ANA LIFFEY DRUG PROJECT.

THANKS TO ALL THE PEOPLE WHO TOOK PART IN FOCUS GROUPS AND TOLD US THEIR TIPS ON HOW TO INJECT MORE SAFELY.

SOURCES

- AVRIL TAYLOR, 2004, 'EXAMINING THE INJECTING PRACTICES OF INJECTING DRUG USERS'. EFFECTIVE INTERVENTIONS UNIT, SCOTLAND.
- 'SAFER INJECTING GUIDE', 2007. MERCHANTS QUAY IRELAND.
- EXCHANGE SUPPLIES, U.K.

