

AHOPE

Client Manual



This manual provides unbiased, non-judgmental, reliable information about drug use and services available to drug users.

Needle Exchange Client Manual

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Program Van Schedule

	7.30 – 10.00AM	10.30 – 11.30AM	1.00 – 2.00PM	2.30 – 3.30PM	Evening Hours
Mon	Albany St. & Northampton St. <i>(South End)</i>	LeGrange St. & Washington St. <i>(Downtown)</i>	Shattuck Hospital Morton St. <i>(Jamaica Plain)</i>	Shawmut Ave. & Marvin St. <i>(Dudley Square)</i>	4:00-5:00 PM Damrell St <i>(South Boston)</i>
Tues	Albany St. & Northampton St. <i>(South End)</i>	LeGrange St. & Washington St. <i>(Downtown)</i>	Shattuck Hospital Morton St. <i>(Jamaica Plain)</i>	Shawmut Ave. & Marvin St. <i>(Dudley Square)</i>	4.30 – 6.00 PM Border St. <i>(East Boston)</i>
Wed	Albany St. & Northampton St. <i>(South End)</i>	LeGrange St. & Washington St. <i>(Downtown)</i>		Shawmut Ave. & Marvin St. <i>(Dudley Square)</i>	4.30 – 6.00 PM Street Outreach <i>(Charlestown)</i>
Thur	Albany St. & Northampton St. <i>(South End)</i>	LeGrange St. & Washington St. <i>(Downtown)</i>	Shattuck Hospital Morton St. <i>(Jamaica Plain)</i>		4.00 – 5.00 PM Damrell St. <i>(South Boston)</i> 5.45 – 9.00 PM Foot outreach— call for locations
Fri	Albany St. & Northampton St. <i>(South End)</i>	LeGrange St. & Washington St. <i>(Downtown)</i>	Columbia St. & Stoughton <i>(Upham's Corner)</i>	Shawmut Ave. & Marvin St. <i>(Dudley Square)</i>	

Contact Information

Phone: 1-800-383-2437

The above number has a message which changes for updates to the daily van schedule as well as comprehensive information on overdose prevention.

Van Cell: 617-592-7828

To contact staff directly for hours and locations.

Website: www.bphc.org/needleexchange

Philosophy of the Needle Exchange Program

Addicts Hope Opportunity Prevention Education—AHOPE—the Boston Public Health Commission’s Needle Exchange Program was established to reduce the spread of infectious disease (HIV/AIDS, Hepatitis C, TB) among individuals who inject drugs and their sexual and substance use partners.

The program operates under the philosophy of Harm Reduction, which focuses on *safer* drug use, while neither condoning nor condemning the use of illegal substances. The program provides supplies, education and referrals to ensure that drugs are used in the safest possible way.

Program

As of September 18, 2006 in the Commonwealth of Massachusetts, you can legally buy a syringe over the counter in a pharmacy and the possession of syringes has been decriminalized.

The program is free, anonymous, and mobile. **We service the neighborhoods of Boston Monday through Friday.** Any individual 18-years or older can enroll in the program. There is no identification or fee required. Clients are provided a program card with a unique identification code. If you are ar-

- Harm Reduction
Supplies Available**
- New Syringes
 - Bleach Kits
 - Cookers
 - Cottons
 - Ties
 - Band-Aids
 - Alcohol Swabs
 - Ointments (Bacitracin)
 - Sterile Water
 - Wound/Abscess Care Kits
 - Sharps Containers
 - Narcan
 - Condoms
 - Lubricant

rested for paraphernalia possession, contact needle exchange staff either in person or via the van cell phone.

During each visit staff will ask you for your unique code. This is printed on the back of your program card. Staff is specially trained to offer harm reduction advice and risk reduction options. They can also set up referrals to various services including medical, substance abuse, legal, and housing. Please ask if you need any assistance.

As a registered client you are welcome to help yourself to any of the Harm Reduction supplies the program offers. If at any time you cannot find a certain supply please notify staff.

The program collaborates with many other services that provide services like:

- Basic health care and vaccinations
- HIV counseling and testing
- Hepatitis C counseling and testing
- Paid peer education programs
- Substance abuse treatment

Consumer Advisory Board

In 2004, AHOPE established a Consumer Advisory Board. The board meets once a month to discuss issues related to the program and advise on program service delivery.

The board consists of ten participants of the program. Many of the current board members are original members. The board members have passionately brought forward the voice of clients. They have assisted in a state-wide Hepatitis C risk reduction campaign, host trainings for clients and providers on relevant health topics, and have developed catch phrases for the program and for an overdose prevention campaign.

Board members receive a monthly stipend for their services and enjoy lunch while offering their opinions.

The board is capped at ten members. However, if you are interested in participating let staff know. If a spot becomes available in the board, current members will vote in new members.

We are truly grateful for the help the Consumer Advisory Board offers. They ensure the program continues to listen to client needs.

Safe Syringe Disposal

For the needle exchange program to continue to operate, it is vital that participants do their part to protect the program. Possibly the most important way to do this is to practice safe syringe disposal. *Return all your syringes to the program in exchange for new syringes.* The program offers sharps containers for safe carrying of used syringes. Otherwise, syringes can be placed in hard containers for safe transport. If you are afraid to carry syringes in public, please let staff know. The program does not support needles thrown in the street- this is dangerous and makes your program look bad!

OTHER DISPOSAL OPTIONS

There are three kiosks in Boston where people can anonymously, safely, and legally drop syringes. These locations have kiosks that look similar to a black mailbox with a biohazard design on the back.

- 35 Northhampton Street (right of parking garage entrance)
- RoxComp Health Center (side entrance)
- Neponset Health Center

For more info go to www.bphc.org

SAFE DISPOSAL TIPS

Don't break off tips– it's like putting a needle in a haystack. If you have to, put the needle into the barrel.

Re-cap only your own syringe after use. And try not to re-cap someone else's syringe.

Place used syringes in a solid container that can be sealed and disposed of properly.

Don't flush used syringes down the toilet...it doesn't disappear & someone else will have to deal with your needle.

EXCHANGE

Get the point so someone else doesn't have to.

~AHOPE Consumer Advisory Board members~

We created the following chart to help people understand how needles and syringes are talked about in pharmacies. Use this information to become an informed consumer at pharmacies if you buy needles over the counter.

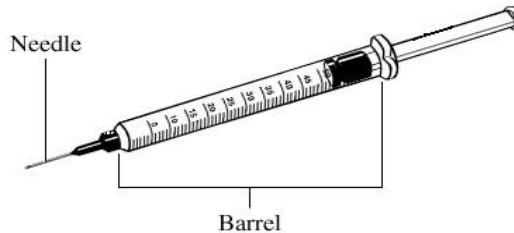
DOES SIZE MATTER?

	Barrel	Gauge	Length	What the label on the bag should say
Big	1 cc	27	$\frac{5}{8}$ "	1cc 27 _G $\frac{5}{8}$ "
Small	$\frac{1}{2}$ cc	28	$\frac{1}{2}$ "	$\frac{1}{2}$ cc 28 _G $\frac{1}{2}$ "
Biggie Smalls	1 cc	28	$\frac{1}{2}$ "	1cc 28 _G $\frac{1}{2}$ "
Steroid/Hormonal	3 mL	22	$1\frac{1}{2}$ "	3mL 22 _G $1\frac{1}{2}$ "

At the exchange we say "big" or "small", but that is **NOT** how pharmacists refer to sizes. The barrel, length & gauge can be mixed and matched in a variety of ways (like "biggie smalls"), so beware of just looking at the barrel size when you buy from the pharmacy! Size **does** matter. Learn what size is right for **you**.

The Program

There are two measurements for the needle: **GAUGE** and **LENGTH**. The gauge is the thickness of the needle, the higher the number the thinner the needle. Length is measured in inches.



The barrel of a syringe is measured by volume. It is usually in CCs (cubic centimeters), mL (milliliters) or U (units). 1cc=100units=1mL

Health Information

Safer Injection Equipment

Needles

Needles and syringes are not all the same, they come in different sizes and styles. The program carries two main sizes of syringes: “small” and “large.” This is the size of the syringe barrel. The small holds ½ ml of liquid, the large holds 1ml of liquid. The program also has 3ml syringes.

Needles also come in different gauges. The larger the gauge(G) the thinner the needle. We offer standard insulin type syringes at 27G and 28G. The thinner the needle, the smaller the puncture causing less vein damage. We offer 22G needles (thicker) for substances that are dissolved in oil—steroids & hormones—rather than water, like heroin.

Cleaning Needles and Syringes

We encourage a new needle for every shot just like they do in hospitals. Needles dull easily, so re-using the same needle multiple times can damage delicate veins and skin. Sharpening a needle can create a burr on the needle and/or weaken the point so that it breaks off in the vein.

If you must use someone else’s needle, or they must use yours, clean it! Bleaching needles will reduce the chance of getting infected, but there isn’t a way to be 100% sure that bleaching will kill HIV or Hepatitis C.

Even if you don't share syringes, but you reuse your own, rinsing the equipment after every use reduces bacteria which could cause infections AND there is less residue inside. Some people have been arrested and told that their syringe will be tested for residue and if there is any, they will receive a possession charge.

How to Clean Needles and Syringes

1. Rinse the needle and syringe three times with clean **COLD** water. Discard the water after each rinse.
2. Flush the syringe 3 times with household **BLEACH**. Be sure to fill the syringe all the way, and shake for 60 seconds before discarding.
3. Rinse the needle and syringe three times with clean **COLD** water to get rid of the residue bleach.

Cookers

Cookers are metal containers or spoons used to dissolve powdered and solid drugs for injection, cook out any impurities, AND cooking might kill bacteria— hopefully avoiding infections.

The program offers metal caps. To prevent burning your fingers use a twist tie or bobby pin to fashion a handle, although this frequently isn't necessary. Any vapor that you see is not the drug evaporating; it is just liquid and impurities burning out. Try to cook your drugs for at least 10 seconds.

Sharing cookers can result in Hepatitis C infection.

Filters (Cottons)

To ensure you get all particulate matter and foreign objects out of your shot AND get just about every drop of drug solution into your syringe—use a filter. There are many materials you can use as filters. Q-tips or cotton balls are best, filter paper and tampons can also be used. Cigarette filters are not the safest option because they are made from fiberglass, which is more brittle than cotton fibers and can result in microscopic glass fibers in the bloodstream.

The program provides tiny cotton balls to use as filters. These are BEST!!! If you roll up a filter you risk getting germs from your fingers in the shot and into the body. Sharing filters can result in Hepatitis C infection. Re-using cotton filters can be dangerous because fungi and bacteria can grow in the cotton, especially once it has gotten wet. These germs injected into the body can cause “cotton fever.”

Tourniquets (Ties, Straps)

Ties restrict blood flow causing your veins to bulge out and reduce rolling of veins in your forearm. Elastic ties that the program provides are kinder to your skin than leather belts and better at preventing rolling veins. Neckties, lubricated condoms, latex exam gloves and socks can also be used and are all less damaging than leather belts.

Use a slip knot when tying up so that you can easily pull the tie off after injecting. Do this by crossing the ends over each other and slipping one end under the other. Pull the tie off immediately after you register, but before you inject to get the blood flowing normally again.

Mixing and Rinse Water

It is very important that you use the cleanest water possible to dissolve drugs as it will go straight into your blood stream. The program provides little water bottles in the bleach kits. Pour water into a cap before sticking a syringe in it. The entire water source could be contaminated by sticking a used syringe in it. The program also provides little water packets. These are not “saline water solutions” and are safe to use to dissolve drugs and inject.

If you do not have sterile water on you, find a sink and use COLD tap water. If there is no sink use the water from the toilet TANK, not the water in the bowl. *Cooking might help kill bacteria in mixing water.*

Health Complications

Hepatitis C

Hepatitis C is very infectious- you can acquire it easily if exposed to infected blood. Hepatitis C (HCV) is a viral infection of the liver causing inflammation of the infected liver cells. HCV is a major health risk for injection drug users. However, people can have HCV for 10-30 years without feeling sick.

Hepatitis C infection can have 1 of 3 outcomes:

1. After acute sickness the infection goes away
2. The infection becomes chronic without medical complications or liver failure
3. Infection becomes chronic and results in medical complications such as cirrhosis, or end stage liver disease

Prevention

Injecting drugs does not mean you have to get HCV. *You cannot get HCV from yourself.* To ensure you don't get it from someone else:

- Use a new syringe, cooker and cotton for each injection
- Avoid sharing injection equipment (cookers, cottons, water) with other users.
- Mix shots in separate cookers using separate sources of water.
- If you need to share a needle, clean it out with full strength bleach. Follow the cleaning procedure under **Safer Injection Equipment.**

Symptoms

Weight loss
Low-grade fever
Headaches
Loss of appetite
Nausea
Stiff or aching joints
Pain in the right side, over the liver area
Dark brown urine
Pale feces
Fatigue and/or depression
Jaundice (the skin or whites of the eyes develop a yellow tinge)
But many have no symptoms at all

Treatment

There is currently no cure for Hepatitis C, however there is treatment available. A drug called *Interferon* is used in combination with Ribavirin. Getting vaccinated for Hepatitis A and B can help keep you healthy even if you are infected with Hepatitis C. Alcohol, cocaine, and crystal meth are particularly hard on your liver.

Contact your healthcare professional before taking any medications.

Health Complications

Anonymous and free testing

Project Trust

721 Massachusetts Ave.
Boston, MA 02118

HIV/AIDS

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS (Acquired Immune Deficiency Syndrome). The virus prevents the body from being able to defend itself against other infections and diseases.

HIV is spread by infected body fluids including blood, semen or vaginal fluids, and breast milk. Blood-to-blood contact is one of the most efficient means to transmit HIV. Sharing infected injection equipment (needles, syringes, cottons, cookers, water) increases the chance of infection.

Prevention

HIV from injection drug use is preventable:

Use your own injection materials and if you must share them try bleaching and rinsing before injecting.

Re-cap only your own syringes to prevent accidental needle-sticks.

Symptoms

General symptoms are fever and fatigue, like having a cold or a mild case of flu. After initial infection these symptoms will go away for a while. The longer a person is infected with HIV without getting treatment, the more likely they are to develop bacterial, fungal and/or viral infections, cancers, neurological disorders or other HIV/AIDS related conditions.

Treatment

There is no cure for HIV/AIDS. However, there are many good drug regimes available that can reduce symptoms and increase life-span.

Anonymous and free testing

Project Trust
721 Massachusetts Ave.
Boston, MA 02118
(617) 414-4495

Endocarditis

Bacterial endocarditis is an infection in the lining or valves of your heart. In addition to damaging your heart, the infection can travel in your blood to other organs and tissues including your brain, lungs or kidneys. **Endocarditis can be fatal.**

Prevention

Health Complications

Bacteria get into your bloodstream and travel to your heart. One way that bacteria get into the blood is by using needles that aren't sterile. Another way is by injecting through skin that has not been thoroughly cleaned. Don't re-use needles, **even your own**. Used needles can easily pick up bacteria that are all around us, all the time. And don't lick the tip of the needle, because normal bacteria in the mouth can cause infections if they are injected into the blood. Even with a new needle, bacteria from the skin can get pushed into your veins. Also, if you have an abscess, don't inject through or near it. Before using a needle, wash your skin carefully with soap and hot water. Then wipe the area with alcohol pads.

Symptoms

The main symptom is a fever that lasts a long time -- up to a week or longer. Other symptoms may include tiredness, feeling lousy, soaking sweats at night, blood in your urine, stomach pain, skin rashes, or painful lumps in your hands.

Treatment

Treatment usually means 2-4 weeks in the hospital. Antibiotics are given directly into the bloodstream. **Chances of a cure are very good if it's caught early.** Many hospitals, including BMC, will give people methadone or suboxone while they are in-patient, to make sure that people will be able to tolerate such a long hospital stay. Afterward, in some cases it may be necessary to replace heart valves once the infection has been cleared.

Abscesses

An abscess is an infection that develops at an injection site. It is hard, tender, warm lump, with a pus-filled core. Abscesses result from missed hits, injecting solutions with a lot of particles in it, not cleaning the skin site prior to injecting, using dirty needles. Skin popping increases abscess risk.

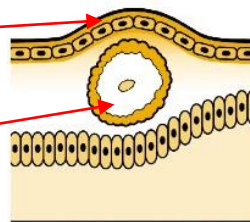
If you notice an abscess forming apply a warm compress at least three times a day. The abscess will either go away or come to a head (soften and fill with pus). The program provides WOUND CARE KITS which have more information on how to open and drain the abscess. You can also visit the Northeastern Nurses Van. They can provide more medical attention and advice.

If you experience fever, chills, extreme tiredness, or pain by the abscess or in the groin or armpits go to the hospital. The infection may have spread from the abscess to the rest of the body and you probably need antibiotics and immediate medical attention.

If you need antibiotics, it is best to finish a full prescription. Partial antibiotics could cause drug resistance in the future!

Bump on top of skin that can be red and painful

Abscess: pus and bacteria under skin



http://helpingaddicts.net/guides/HB_veindamage.htm

Cotton Fever

Cotton Fever is probably not from tiny strands of cotton, but from bacteria that can grow in cotton, especially after it is wet.

Prevention

Use a new dry cotton for fixing every shot. The small cottons that are available on the needle exchange are best because you don't have to roll them around, getting crud from under the fingernails all over it. Try not to do cotton shots— saving a little dope for when you are sick is safer. If you must, try saving the cottons in a freezer (bacteria don't grow well in the cold) and cook the washed cottons for as long as you can— it might kill some bacteria.

Symptoms

The Cotton Fever or infection results in chills, sweating, fever and other flu-like symptoms soon after injecting and lasting several hours. Doing another shot isn't likely to help much— wrap up in a blanket for a few hours instead. If it lasts longer than 4 hours or so, go to a hospital— it could be something serious.

Treatment

It may go away on its own or, if symptoms continue or get worse, medical attention is required.

Chalk Lung

Chalk Lung is reduced lung/breathing capacity that comes from scar tissue that is developed from little pieces of talc, used to bind pills. When someone injects crushed up pills, the solid talc makes it's way through the blood vessels and end up in the lung, where the body reacts to the foreign material by producing scar tissue.

Prevention

Instead of injecting pills, consider taking them orally, snorting them or booty bumping them. That way, the talc or chalk is filtered out naturally before the drug hits the bloodstream. If someone must inject pills, they should try to carefully filter what is drawn up in the syringe.

Symptoms

Usually the person will have lower oxygen levels in their body– sometimes this can be misdiagnosed as asthma.

How to use an alcohol pad to prevent infections

Step one:

Take an alcohol pad and wipe back and forth where you plan to inject. (This will probably be your arm.) You want to press kind of hard this time. Use as many pads as you need to get the dirt off your skin. *But don't stop here! You're not done!*



Step two:

Now grab a new pad, and press down over the spot where you're going to inject. This time, wipe in a circle. Start with small circles and make bigger circles as you go. This pushes any leftover dirt and bacteria on your skin outward from the spot where you're going to shoot.



Note: If you bleed after you shoot, press down with dry cotton or a band-aid to stop the flow. Don't use an alcohol pad; alcohol slows down clotting.

Injection Related Injuries

Track Marks and Bruises

Track marks are scars that appear along the veins of an individual who repeatedly injects in the same site. Bruising occurs when blood leaks out of the vein under the skin during the injection process. Both bruising and track marks can be prevented or at least reduced by following the **Safer Injection Guidelines**.

Vein Collapse

Vein collapse occurs when veins close due to repeated injection, repeated infections, or trauma to the vein or the surrounding tissue. You know when you have a collapsed vein when you can't draw blood from it, or it "disappears." Veins can also become blocked with a blood clot (thrombosis). Try not to use veins that don't bend when pushed as they may contain blood clots.

Avoid vein collapse by following the **Safer Injection Guidelines**. Also, taking oral Vitamin C may help your veins repair more quickly and reduce bleeding and bruising. Don't inject Vitamin C pills only swallow them, unless you have to use un-sweetened vitamin C to break down crack or tar heroin for injecting..



Figure 8.1
The lining of the vein can get damaged by the needle, the drug (especially pills), injecting too often or too fast, infection and 'flushing.'

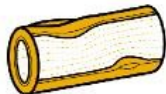


Figure 8.2
Damage to the lining of the vein causes clots to form on the inside of the vein.



Figure 8.3
The disruption of blood flow causes more clots to form, making the vein even narrower.

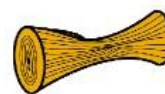


Figure 8.4
Eventually the vein blocks, and the clots turn into scar tissue which shrinks and pulls the side of the vein together, collapsing the vein.

Safer Injection Guidelines

Use a new needle for every injection. Needles dull easily with repetitive use. Sharpening needles can cause a burr which tears the vein and the surrounding skin tissue. The needle also becomes less flexible and can break off in your vein. If this happens, seek *medical attention immediately!*

Use the thinnest (highest gauge) needle possible to make the smallest puncture wound.

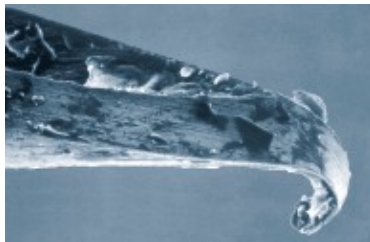
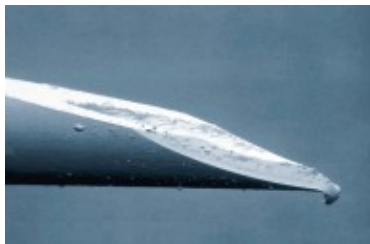
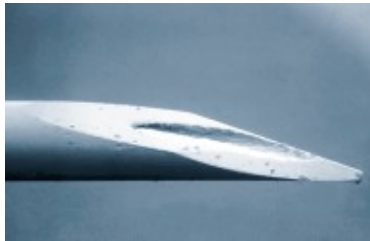
Alternate and rotate injection sites. Try to inject at least one inch from the previous injection site (working up the arm). Stay away from veins that are red, tender or don't bend when pushed until they heal.

Inject in the direction of the blood flow (towards the heart).

Use a soft, flexible, easy to release tie, and remove it immediately after you register your shot, before you inject.

Use emollient-rich or antibiotic cream on injection sites once they have closed or scabbed over. The program carries Bacitracin which contains Vitamin E to help the skin heal and reduce track marks.

Health Complications



Needles are made to be used once only. These are magnified photos of a needle that has been used once, twice, and six times. You can see that they bend and create barbs very easily. Veins are really important, so try to be kind to them by using a new needle with every injection. Also, don't stir up a shot with the point of the needle...if something soft like skin can cause a needle to bend like these photos, imagine what scraping it up against a metal cooker will do!

Photos from BD & Co.

Medical Emergencies

Overdose

Anyone using is at risk for overdose. Overdoses can happen to first time users or very experienced users. Illicit drugs are not quality controlled like pharmaceutical drugs—you don't know what you are getting. Have a plan just in case something happens. Even though overdoses don't need to be fatal, right now in Boston, they account for more deaths among injection drug users than AIDS and Hepatitis C!!!

Drugs affect the brain, which controls the rest of the body; heroin causes your breathing to slow, cocaine speeds up your heart rate. The body can usually adjust to the changes, unless you get too much of a drug, then dangerous side effects can occur.

Recognizing an overdose

Depressant drugs (heroin, dilaudid, valium, alcohol) slow the body down. An overdose from depressants result in dangerously slow or no breathing which causes the heart to stop.

Stimulant drugs (cocaine, speed) speed up the body's functions and can cause a heart attack, seizure, or disorientation resulting in accidental harm or collapse.

The clearest sign of an overdose is a blue tinge of the lips & finger tips. The person may be awake but have very slow, shallow breathing, be unable to talk and have little or no pulse. The person may be shaking, foaming at the mouth or suddenly collapse.

What to do...

1. Try to get the person's attention. Yell at her then rub your knuckles up and down her breast bone (a "sternal rub"). Try to walk her around or stand up and keep talking to her.
2. If she has stopped breathing she needs immediate attention. **Call 911!**
3. Give mouth-to-mouth/rescue breathing until help arrives— the person will probably live if they keep getting oxygen.
4. If you need to leave to call 911, position her in the recovery position (illustration page 33) so that she does not choke on saliva or vomit.
5. No need to tell the dispatcher that the individual has overdosed. Explain that they are not breathing.
6. When the ambulance arrives tell the EMT what drug the person used. By knowing what she used the EMT can help faster. You do not have to say that **you** used anything.
7. If you must leave the person, put her in the recovery position, call 911. You can write a note to tell the EMT what happened, and be sure that the door is unlocked so that EMTs can get to her.

What NOT to do...

- inject the individual with salt water, milk, or opposite drugs...these could work by causing pain, but you might also be wasting precious time
- put the person in a cold bath, put ice down the pants, or in the armpits
- kick the testicles, slap too hard, burn the bottom of the feet
- leave them alone

Rescue Breathing: The Kiss of Life



- Roll person on their back
- Open airway by lifting chin up
- Check that there is no gum or food in mouth
- Check for breathing, if none then:
- Give two quick breaths, then one every five seconds

NARCAN

Narcan (naloxone) is an opioid antagonist, it counters the effect of heroin, methadone or other synthetic opioids. Narcan is used to treat opiate (like heroin, oxys, methadone, but NOT cocaine or crack) overdoses. It can be sprayed up the nose or injected into the vein or muscle.

Narcan quickly kicks the heroin (or other opiate) out of the brain, pulling someone out of an overdose. Narcan is short-acting and can wear off within 30-90 minutes. If the person has enough opiate in their system they can begin to overdose again after that time. It is important to continue to monitor the individual, and have enough Narcan on hand to give more if the



person falls out again after the Narcan wears off. Narcan is very effective and cannot be abused. Along with calling 911 and rescue breathing, using Narcan can reduce the number of people who die from opiate overdoses.

The needle exchange is now giving free Narcan to opiate users to help protect against fatal overdoses!!!

Recovery Position



<http://www.shef.ac.uk/drugs/images/recovery.gif>

A few words about benzodiazepines:

- Mixing benzos (Klonopin, Valium, Xanax, Ativan, Librium) with opiates is responsible for a HUGE number of overdoses– both are depressants/downers
- Benzos are very long-lasting, so someone could take some at noon one day and still have the effects of them in their body the next morning
- Benzos affect short-term memory, so we might not even remember what we took earlier
- Many dealers are cutting heroin with benzos, so we could be taking benzos– and developing an addiction to them– WITHOUT EVEN

Overdose prevention tips...

1. Use with a friend.
2. Do a tester shot.
3. Take tie off and inject slowly so you can feel the effects of the drug and how much you need. You can always do more, but you can't do less.
4. Take charge– be in control of your own mixing and fixing
5. Buy from the same dealer when possible.
6. Avoid mixing, especially heroin with booze or benzos.
7. If you stop using drugs for a period of time your tolerance will change. You may not need as much to get high.
8. If you are sick or lost weight, you may not need as much to get high.
9. Pay attention to the word on the street

Needle Stick Injuries

There is a slight chance of getting infected with HIV if you are pricked or scraped with a used needle. The risk of hepatitis B, C and tetanus are much greater. If you are stuck by a used needle that is not yours:

1. Squeeze the puncture wound to get it to bleed. This way the germs will have less of a chance to enter your body.
2. Wash the wound with soap and water.
3. Apply an antiseptic and sterile band-aid.
4. Seek medical attention. HIV and Hepatitis C tests can be run. If at risk for HIV you can take a short regimen of anti-viral drugs to prevent infection. If you are not up to date with your tetanus vaccines you may be offered a tetanus shot.

To prevent accidental needle sticks...

- Handling injection equipment that was used by someone else is risky.
- Re-capping needles is important BUT tricky because of the smallness of the cap so try to re-cap only your own needles as soon as you are finished with them.
- A needle broken off a syringe actually makes sticks more likely to happen...if you have to break it, put it inside the barrel of the syringe.
- Store your needles and syringes in solid containers (supplied by needle exchange program).
- Help prevent others from getting stuck! Needles in the trash, sewers, parks are bad for all of us!!

Resources

Needle Exchange Programs

Boston—AHOPE	1-800-383-2437 or	617-592-7828
Cambridge Cares about AIDS	617-661-3040 or	617-599-0246
Northampton—Tapestry		413-586-0310
AIDS Support Group of Cape Cod		
Provincetown		508-487-8311

Free, anonymous, confidential HIV and Hepatitis C testing

Project Trust		617-434-7769
The Green Door Project		617-971-3588
Boston Healthcare for the Homeless		617-414-7779
Cambridge Cares about AIDS		617-661-3040
East Boston Neighborhood Health Center		617-568-4622
Fenway Community Health Center		617-267-0159
Latin American Health Institute		617-350-6900
		x144
Roxbury Comprehensive Community Health Center (Rox Comp)		617-442-7400
		x229
Victory Programs		617-357-8182
		x15

Shelters

Rosie's Place	617-442-9322
Pine Street Inn	617-521-7111
Long Island Shelter	617-534-2526
Friends of the Shattuck Shelter	617-971-3229
St. Francis	617-542-4211
Transitions	617-534-9150
Woods Mullen Shelter	617-534-7101
Women's Lunch Place	617-267-0200

Transitional Programs

Victory Programs	617-357-8182
Lemuel Shattuck Hospital	617-522-8110

Detoxes

Andrew House Detox Center	617-479-9320
Bournwood	617-469-0300
Bridge to Recovery	617-471-9600
Brockton	508-584-9210
CHI (Tewksbury)	978-858-0533
CAB	617 247-1001 or 617-298-0060
Danvers	978-777-2121
Dimock	617-442-9661
Fall River	508-324-7763
Faulkner	617-983-7100
Highpoint	800-233-4478
Norcap	508-698-1104
Somerville	617-591-4227
Spectrum	800-366-7732
St. Elizabeth's	617-789-2574
Worcester	508-860-1200

Methadone Treatment Programs

Addiction Treatment Center of New England	617-254-1271
Bay Cove Human Services	617-371-3030
Frontage Road—BPHC	617-534-5554
Habit Management	617-442-1499
North Charles	617-661-5700
Rox-Comp Methadone Assess. & Treatment	617-541-3670
TOP Program	617-534-4220

Substance Abuse Services

24 hrs Substance Abuse Hotline	800-327-5050
Boston Public Health Commission	
Substance Abuse Prevention and Treatment	
Counseling Services	617-534-4212
Central Intake	617-534-5554
Acupuncture Treatment	617-534-5352
Entre Familia	888-534-3334
Griffen House/Intake	617-822-7150
MOM's Project	617-534-7411
Narcotics Anonymous	866-624-3578
Alcoholics Anonymous	617-426-9444
Al-anon Family Groups	508-366-0556
Project Assert (BMC Emergency Room)	617-638-8000



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