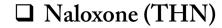


- ✓ Stay safe while using drugs
- ✓ Know available resources

#### Harm reduction handout v3.0

Ouestion Which are the top 3 items you would recommend to someone you care about who is using drugs?





Portable kit

These kits are freely available and can be used to reverse overdoses. Ask us for training or refills.

# ☐ Lifeguard app



Smart phone app

This app can be used while taking drugs and will call for help in event of an overdose.

https://lifeguarddh.com/

# ☐ Drug use supplies



Supplies Supplies

These are available in our clinic near the front desk. Needles, inhalation kits, etc. Take what you need.

#### ☐ Million dollar ???



Discussion

Talk to us about this question. This helps our clinic team stay connected with you.

#### ☐ Pharma Alternatives



Medication

Safer alternatives to street opioids and stimulants are available by prescription.



# ☐ Safe drug use tips



T Safety tips

Talk to us about where on the body is safest to inject, and how to clean and prepare.

# □ SCS



Contact Locations

Supervised consumption sites offer a safe space for drug use. Ask us where you can find the nearest one.

### ☐ Drug checking



Free lab tests

Check that your supply is what you think it is. Fentanyl test strips also available.

https://getyourdrugstested.com/

#### ☐ Use a test dose



Safety tip

Don't start with a full dose when you get a new supply - use a smaller test dose.

#### □ OAT



Medication

Suboxone, methadone, and Kadian can prevent cravings and withdrawals, and reduce OD risk

### ☐ Don't use alone



Safety tip

Most fatal overdoses happen when people use alone. Avoid this when possible.



### ☐ Set goals



**O**iscussion

Talk to us about your goals related to substance use, or other health concerns.

### ☐ Signs of infection



Discussion

Talk to us about signs of skin infection that may require antibiotics, and how to prevent these.

#### ☐ Withdrawal



Discussion

Talk to us about strategies for coping with withdrawal symptoms, including with medications.

# ☐ Preparing your drugs



Safety tips

Wash your hands and prepare your own drugs for use.



Discussion

☐ Build your supports

Talk to us about building your support network. Resources include support and education for family or friends.

# ☐ Good Samaritan



The Good Samaritan Drug Overdose Act provides legal protections for people who call 911 related to overdose

### ☐ Doctor on call



After-hours phone

For urgent matters, you can call our clinic after closure to connect to our after-hours doctor on call phoneline.

### ☐ Crisis line



24/7 phoneline

If you are in a crisis, you can call 1-800-SUICIDE (784.2433) at any time of the day or night.

# ☐ Drug alerts



Free text alerts

Text "alert" to 236-999-DOPE (3673) to get drug contamination alerts texted to your phone.

### ☐ Safe disposal



Safety tip

Safely dispose of used supplies, using sharps containers and biohazard containers (available here)

# ☐ Peer support groups



Discussion

Talk to our team about groups available to you, no matter what your goals related to substance use are.

### ☐ Infection screening



Q Lab tests

We offer tests for HIV, hepatitis A, hepatitis B, hepatitis C, syphilis, gonorrhea, and chlamydia.