

DO NOT MIX DRUGS & ALCOHOL
DO NOT USE ALONE

SAFETY

- To reduce the risk of overdose if you have not used drugs for a while, use smaller amounts than you would normally use
- If you have swelling or abscess around an injecting site go and get it seen by a doctor or nurse

INJURIES

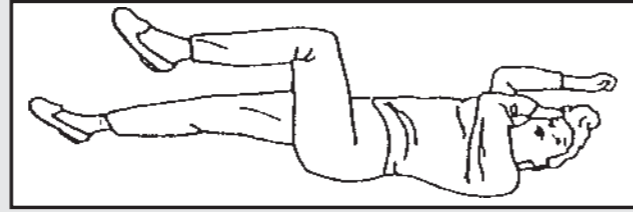
- Clean sites and hands before preparing to inject
- Use the smallest needle possible
- Use the smallest amount of acid possible
- Do not lick the needle before injecting
- Introduce the needle at a shallow angle
- Inject with the blood flow (towards the heart)
- Check that you are in the vein by pulling back the plunger (dark red blood should enter the barrel)
- Release the tourniquet before the hit
- Inject slowly
- Alternate injection sites regularly

GOOD PRACTICE

Only use your own equipment, including Needles, Filters, Syringes, Mixer, Acid Containers, Water and Tourniquet

INJECTING DRUGS IS RISKY!

PLEASE WAIT FOR THE AMBULANCE TO ARRIVE



IF PERSON IS BREATHING AND HAS A PULSE PLACE THEM IN THE RECOVERY POSITION



- Shows signs of life
- Repeat 2 breaths and 30 compressions
- 30 times keeping arms straight
- Press down firmly and smoothly
- heel of one hand there with other hand on top
- Measure 2 finger widths above this and place
- Find the notch at the bottom of the breast bone
- Give 2 breaths without pause to inflate the lungs
- START CHEST COMPRESSION



NO CIRCULATION

- Feel for pulse in neck
- Look for any movement



CHECK CIRCULATION

- and that the chest rises and falls
- Make sure there are no air leaks
- Give 2 big breaths into their mouth
- Pinch nostrils



IF NOT BREATHING

- feel for signs of breathing
- Check breathing - look, listen and open airway
- Tilt head back and lift the chin to

PHONE 999 FOR AN AMBULANCE

WHAT ACTION SHOULD YOU TAKE

- Looks weak / pale - blue / grey lips, toe & finger nails
- Breathing slowly or not at all
- Foam coming out of mouth or vomiting
- Snoring or gurgling when asleep
- No response to shaking, being shouted at or pain
- Very slow / faint pulse or no pulse at all

SIGNS OF AN OVERDOSE



Use Needle Exchange

don't be a tosser!

Needle exchanges rely on public good will, if we lose it by leaving used needles in public places, it may be harder to develop new services.

Never toss used needles in the street, in rubbish, down the drain or down the toilet.

Dispose of all used equipment at the needle exchange.

Discarded needles aren't someone else's problem they're yours

Gwent

Local Needle Exchange Services

We're here to help

NEWPORT/CASNEWYDD

PHARMACY NEEDLE EXCHANGE

- Martin Davies Pharmacy** Tel: 01633 244757
199 Caerleon Road, Newport, NP19 7HA
Opening Times: Mon-Fri 8.45am-6.15pm and Sat 8.45am-12.30pm
- Watkin Davies Pharmacy** Tel: 01633 855549
14 Shopping Precinct, Bettws, Newport, NP20 7TN
Opening Times: Mon, Tues, Thurs, Fri 9am-1pm & 2pm-6pm, Weds and Sat 9am-1pm

LOCAL DRUG & ALCOHOL SERVICES

- Adult Substance Misuse Social Care and Social Work Service** Tel: 01633 656656
6 Goldtops, Newport, NP20 1RN
Opening Times: Mon-Thurs 8.30am-5pm and Fri 8.30am-4.30pm
- Gwent Specialist Substance Misuse Service (GSSMS) + NSP Misuse** Tel: 01633 216777
139 Lower Dock Street, Newport, NP20 1EE
Opening Times: Mon-Fri 9am-5pm
- Kaleidoscope Wales** Tel: 01633 245890
The Old School Building, Powells Place, Newport, NP20 1EL
Opening Times: Monday & Thursday 9am-12.30pm & 1pm-8pm, Tues, Wed and Friday 9am-12.30pm & 1pm-6pm and Saturday 10am-2pm

OTHER RELATED HEALTH SERVICES

A&E - NOT NEEDLE EXCHANGE

- Royal Gwent Hospital** Tel: 01633 234234
Cardiff Road, Newport, NP20 2UB
Opening Times: 24 hours everyday

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

- Royal Gwent Hospital** Tel: 01633 234234
Cardiff Road, Newport, NP20 2UB
Opening Times: Mon-Fri 9am-12.30pm & 1.30-4.30pm
- Gwent Specialist Substance** Tel: 01633 216777
139 Lower Dock Street, Newport, NP20 1EE
Opening Times: Alternate Thurs 9.00am-12noon

CWMBRAN

PHARMACY NEEDLE EXCHANGE

- Boots Chemist** Tel: 01633 483281
10-14 The Mall, Cwmbran, NP44 1PX
Opening Times: Mon-Sat 9am-5.30pm and Sun 10am-4pm

OTHER RELATED HEALTH SERVICES

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

- Cwmbran Clinic (Canolfan Ty Newydd)** Tel: 01633 488356
Tudor Road, Cwmbran, Torfaen, NP44 3PY
Opening Times: Tuesday 5pm-8pm

ABERCARN

PHARMACY NEEDLE EXCHANGE

- A Petersons Pharmacy** Tel: 01495 244227
2 Victoria Buildings, Abergarn, NP11 5GT
Opening Times: Mon-Fri 9am-1pm & 2.15pm-6pm and Sat 9am-1pm

CAERPHILLY

LOCAL DRUG & ALCOHOL SERVICES

- Drugaid** Tel: 0870 060 0310
St Fagans House, St Fagans Street, Caerphilly, CF83 1FZ
Opening Times: Monday-Friday 9-5pm
- CRI Caerphilly & Blaenau Gwent Young Persons Service** Tel: 0808 168 7176
Unit 46, Block G, Evans Business Centre, Western Industrial Estate, Caerphilly, CF83 1BE
Opening Times: Monday-Friday 9-5pm

YSTRAD MYNACH

PHARMACY NEEDLE EXCHANGE

- Lloyds Chemist** Tel: 01443 813166
12 Bedwyn Road, Ystrad Mynach, CF82 7AD
Opening Times: Mon-Sat 9am-5.30pm

OTHER RELATED HEALTH SERVICES

A&E - NOT NEEDLE EXCHANGE

- Ysbyty Ystrad Fawr** Tel: 01443 802200
Ystrad Fawr Way, Ystrad Mynach, CF82 7GP
Opening Times: 24 hours everyday

PONTLLANFRAITH

PHARMACY NEEDLE EXCHANGE

- P Hopkinson** Tel: 01443 831073
50 Commercial Street, Aberbargoed, CF81 9BU
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm
Thurs 9am-1pm & 2pm-5.30pm and Sat 9am-1pm
- Vida Rogers Pharmacy** Tel: 01443 830245
23 High Street, Fleur de Lys, Blackwood, NP12 3UD
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm and Sat 9am-1pm & 2pm-5.30pm

LOCAL DRUG & ALCOHOL SERVICES

- CRI Caerphilly & Blaenau Gwent Alcohol Service** Tel: 0845 241 2538
Chambers House, 49 Blackwood Rd, Pontllanfraith, NP12 2BW

ABERTILLERY

PHARMACY NEEDLE EXCHANGE

- National Co-Op Pharmacy** Tel: 01495 370273
6 Marine Street, Cwm, Ebbw Vale, NP23 7ST
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm, Thurs 9am-1pm & 2pm-5pm and Sat 9am-12pm
- Pritchards Pharmacy** Tel: 01495 212780
48 Church Street, Abertillery, NP13 1DB
Opening Times: Mon-Weds, Fri 9am-6pm, Thurs 9am-5pm and Sat 9am-1pm

TREDEGAR

PHARMACY NEEDLE EXCHANGE

- Tredegar Health Centre** Tel: 01495 717217
Park Row, Tredegar, NP22 3NG
Opening Times: Mon-Fri 9am-1pm & 2pm-6.30pm except Thurs 9am-1pm

EBBW VALE

PHARMACY NEEDLE EXCHANGE

- Ebbw Vale Health Centre** Tel: 01495 305183
Bridge Street, Ebbw Vale, NP23 6EY
Opening Times: Mon-Wed & Fri 9am-1pm & 3-6.30pm, Thurs 9am-1pm & 2pm-5pm

BRYNMAWR

PHARMACY NEEDLE EXCHANGE

- John Williams** Tel: 01495 310258
41 Beaufort Street, Brynmawr, NP23 4AQ
Opening Times: Monday-Friday 9am-6pm, Thursday 9am-5pm and Saturday 9am-1pm

ABERGAVENNY/Y FENNI

PHARMACY NEEDLE EXCHANGE

- Boots Chemist** Tel: 01873 853207
2 Cross Street, Abergavenny, NP7 5EH
Opening Times: Mon-Sat 9am-5.30pm
- John Williams** Tel: 01873 830647
Main Road, Giltwern, Abergavenny, NP7 0AU
Opening Times: Mon-Fri 9am-1pm & 2.15pm-5.30pm and Sat 9am-1pm

OTHER RELATED HEALTH SERVICES

A&E - NOT NEEDLE EXCHANGE

- Nevill Hall Hospital** Tel: 01873 732732/ 01873 732073
Brecon Road, Abergavenny, NP7 7EG
Opening Times: 24 hours everyday

BLAENAVON

PHARMACY NEEDLE EXCHANGE

- Blaenavon Health Centre** Tel: 01495 790594
Church Road, Blaenavon, NP4 5AE
Opening Times: Mon, Weds & Fri 9am-1pm & 2pm-6pm or 2pm-6.30pm (alternate weeks) and Thurs 9am-1pm

PONTYPOOL

PHARMACY NEEDLE EXCHANGE

- Boots Chemist** Tel: 01495 762727
4 George Street, Pontypool, NP4 6LR
Opening Times: Mon-Sat 9am-1pm & 2pm-5.30pm
- Health Plus Pharmacy** Tel: 01495 762291
2 St. Lukes Road, Pontnewynydd, Pontypool, NP4 6SU
Opening Times: Mon-Fri 9am-6pm

LOCAL DRUG & ALCOHOL SERVICES

- Goals/Kaleidoscope + NSP** Tel: 01495 742314
The Lighthouse, George Street, Pontypool, NP4 6BZ
Opening Times: Monday-Friday 9-5pm

CHEPSTOW/CAS-GWENT

PHARMACY NEEDLE EXCHANGE

- P C Merrick Pharmacy** Tel: 01291 622387
12 Steep Street, Chepstow, NP16 5PJ
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm or 2pm-6.30pm (alternate weeks) and Sat 9am-1pm