

**DO NOT MIX DRUGS & ALCOHOL
DO NOT USE ALONE**

To reduce the risk of overdose if you have not used drugs for a while, use smaller amounts than you would normally use

SAFETY

If you have swelling or abscess around an injecting site go and get it seen by a doctor or nurse

INJURIES

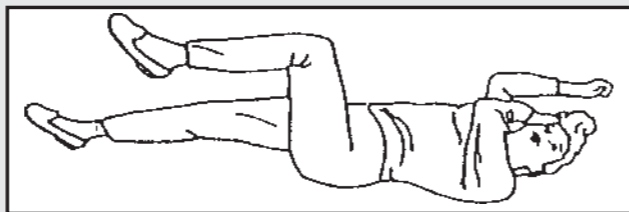
- Clean sites and hands before preparing to inject
- Use the smallest needle possible
- Use the smallest amount of acid possible
- Do not lick the needle before injecting
- Introduce the needle at a shallow angle
- Inject with the blood flow
- Check that you are in the vein by pulling back the Plunger
- (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



- NO CIRCULATION
- Start chest compression
- Give 2 breaths without pause to inflate the lungs
- Find the notch at the bottom of the breast bone
- Measure 2 finger widths above this and place heel of one hand there with other hand on top
- Press down firmly and smoothly
- 30 times keeping arms straight
- Repeat 2 breaths and 30 compressions
- until ambulance arrives or person shows signs of life



CHECK CIRCULATION

- Look for any movement
- Feel for pulse in neck



IF NOT BREATHING

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



CHECK AIRWAY

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

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

Gorseinon
Swansea/Abertawe

Local Needle Exchange Services

We're here to help

SWANSEA/ABERTAW

PHARMACY NEEDLE EXCHANGE

- Alexandra Road Pharmacy** Tel: 01792 897520
63 Alexandra Road, Gorseinon, Swansea, SA4 4NN
Opening Times: Mon-Fri 9am-6.30pm
- Huw Rees** Tel: 01792 850530
Seaview Terrace, Penclawdd, Swansea, SA1 3YN
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm and Sat 9am-12pm
- Lloyds Pharmacy** Tel: 01792 202471
The Precinct, Gower Road, Killay, Swansea, SA2 7BA
Opening Times: Mon-Sat 9am-6pm
- Lloyds Pharmacy** Tel: 01792 790221
50 Sway Road, Morriston, Swansea, SA6 6JA
Opening Times: Mon-Fri 9am-6pm and Sat 9am-1pm
- Lloyds Pharmacy** Tel: 01792 882365
5 Teilo Street, Pontardulais, Swansea, SA4 1TH
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm and Sat 9am-12pm
- Lloyds Pharmacy** Tel: 01792 845649
2 Heol y Nant, Clydach, Swansea, SA1 5HB
Opening Times: Mon-Fri 9am-6pm and Sat 9-5.30pm
- Newbury S R** Tel: 01792 366120
37/39 Newton Road, Mumbles, Swansea, SA3 4BD
Opening Times: Mon-Fri 9am-6pm and Sat 9-5.30pm
- Port Tennant Road** Tel: 01792 654635
160 Port Tennant Road, Port Tennant, Swansea, SA1 8JQ
Opening Times: Mon-Fri 8.30am-6pm and Sat 9-1pm
- Tesco Instore Pharmacy** Tel: 01792 497847
Pontardulais Road, Fforestfach, Swansea, SA5 4 BA
Opening Times: Mon-Sat 8am-8pm and Sun 10am-4pm
- Treboeth Pharmacy** Tel: 01792 771646
697 Llanyfalach Road, Treboeth Swansea, SA5 9EL
Opening Times: Mon-Fri 8.30am-6.15pm and Sat 9-2pm
- Village Pharmacy** Tel: 01792 885200
Unit 1, Station Road, Pontardulais, Swansea, SA4 8TL
Opening Times: Mon-Fri 9am-6pm and Sat 9am-12pm

SWANSEA/ABERTAW

LOCAL DRUG & ALCOHOL SERVICES

- Swansea CDAT** Tel: 01792 654630
Cwmwria Clinic, Caerbricks Road, Cwmwria, Swansea, SA5 8NS
Opening Times: Mon-Thurs 9am-5pm and Fri 9-4.30pm
- Swansea Drugs Project** Tel: 01792 472002
73 Mansel Street, Swansea, SA1 5TR
Mon-Fri 9.30am-4.30pm Drop-in Mon(pm), Wed(pm), Fri (pm) Women's Service Fri (am)
- West Glamorgan Council on Alcohol and Drug Abuse Ltd. (WGCADADA)** Tel: 01792 472519
40 St James Crescent, Uplands, Swansea, SA1 6DZ
Opening Times: Mon-Thurs 9.30am 4.45pm and Fri 1.45pm-4pm (Other activities available out of hours, telephone for details)
- West Glamorgan Council on Alcohol and Drug Abuse Ltd. (WGCADADA), Needle Exchange** Tel: 01792 472519
40 St James Crescent, Uplands, Swansea, SA1 6DZ
Opening Times: Mon, Tues 9.00am-1pm & 1.30-4.45pm, Fri 12.30pm-4.00pm

OTHER HEALTH RELATED SERVICES

A&E - NOT NEEDLE EXCHANGE

- Morriston Hospital** Tel: 01792 702222
Heol Maes Eglwys, Morriston, SA6 6NL
Opening Times: 24 hours a day
- Singleton Hospital** Tel: 01792 205666
Sketty Lane, Swansea, SA2 8QA
Opening Times: 24 hours a day

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

- Sexual Health Clinic** Tel: 01792 285016
Singleton Hospital, Sketty Lane, Swansea, SA2 8QA
Opening Times: Mon, Thurs 8am-5pm
Tues, Weds 8am-8pm
Walk in (am), appointments (pm)

KEEPING YOURSELF SAFE

There are a number of infections that you can avoid by injecting safely:
- Blood borne viruses: hepatitis B, hepatitis C and HIV
- Bacterial infections which may cause abscesses and other problems

HEPATITIS B - a virus that attacks the liver - passed on through even small amounts of blood - but there is vaccination available:

ASK YOUR LOCAL SERVICE FOR VACCINATION

HEPATITIS C - a virus that attacks the liver - passed on through sharing ANY injecting equipment - but there is treatment available
* At least one in four injectors have hepatitis C, and most do not know they have it
* Those who have recently started injected are just as likely to be infected
* Sharing spoons, water and filters spreads infection as well as sharing needles and syringes

* If you think you have put yourself at risk of infection -
SPEAK TO YOUR LOCAL DRUG SERVICE OR GP

HIV - a virus that attacks the immune system - passed on through sharing injecting equipment - but there is treatment available however it is not a cure- once infected, this virus stays in the body

ABSCESSSES - If you develop swellings and soreness around the sites you are using to inject, do not ignore it - seek medical attention from a doctor or nurse

Appointments: