

**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**

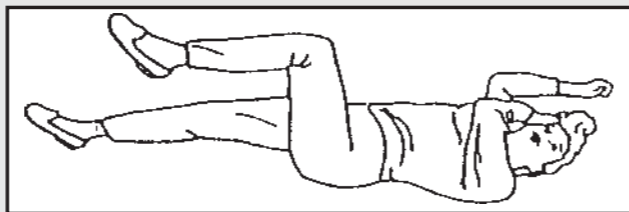
- Clean sites and hands before preparing to inject
- Use the smallest needle possible
- Use the smallest amount of acid possible
- Do not lick the needle before injecting
- Introduce the needle at a shallow angle
- Inject with the blood flow (towards the heart)
- Check that you are in the vein by pulling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



- 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

**NO CIRCULATION**



- Look for any movement
- Feel for pulse in neck

**CHECK CIRCULATION**



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

**IF NOT BREATHING**



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

**CHECK AIRWAY**



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**



Tongwynlais  
Cardiff/Caerdydd  
Barry  
Llantwit Major

Use  
Needle  
Exchange

don't be a  
tossler!

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

Local Needle Exchange Services

We're here to help

**TONGWYNLAIS**

**PHARMACY NEEDLE EXCHANGE**

- 1 Tongwynlais Pharmacy Tel: 029 2081 3343  
17 Merthyr Road, Tongwynlais, CF15 7LF  
Opening Times: Mon-Fri 9am-5.30pm

**CARDIFF/CAERDYDD**

**PHARMACY NEEDLE EXCHANGE**

- 2 Co-op Pharmacy Tel: 029 2045 1696  
213 Bute Street, Cardiff, CF10 5HR  
Opening Times: Mon, Tues, Thurs 9am-6.30pm,  
Weds 9am-5.30pm, Fri 9am-6pm and Sat 9am-1pm
- 3 Pearn's Pharmacy Tel: 029 2059 9511  
3 Wilson Road, Ely, Cardiff, CF5 4LJ  
Opening Times: Mon, Tues, Thurs, Fri 8.45-12.45pm  
& 1.30-6.30pm, Weds 8.45am-12.45pm & 1.30-5.30pm,  
and Sat 9am-12pm
- 4 Pearn's Pharmacy Tel: 029 2059 8080  
40 Caerau Lane, Ely, Cardiff, CF5 5HQ  
Opening Times: Mon, Tues, Thurs & Fri 9am-6pm,  
Weds 9am-5.30pm and Sat 9am-1pm
- 5 Hargreaves Pharmacy Tel: 029 2022 7835  
74 Woodville Road, Cardiff, CF24 4EB  
Opening Times: Mon, Tues, Thurs & Fri 9am-6pm,  
Weds 9am-1pm and Sat 9am-5pm
- 6 Lloyds Chemist Tel: 029 2059 1144  
35 Wilson Road, Ely, CF5 4LL  
Opening Times: Mon-Fri 9am-6pm and Sat 9-5.30pm
- 7 Wellness Pharmacy, Llandis Store Tel: 029 2077 7026  
Newport Road, St. Mellons, Cardiff, CF3 5UA  
Opening Times: Mon-Fri 9am-5.30pm
- 8 Pearn's Pharmacy Tel: 029 2046 2543  
45 Tweedsmuir Road, Tremorfa, Cardiff, CF24 2QZ  
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm  
and Sat 9.30am-11.30am
- 9 Rees and Moor Pharmacy Tel: 029 2022 4810  
328 Cowbridge Road East, Canton, Cardiff, CF5 1HD  
Opening Times: Mon-Fri 9am-5.30pm and Sat 9-1pm
- 10 T.Hywel Jones Tel: 029 2051 5678  
26 Cardiff Road, Dinas Powys, CF64 4JS  
Opening Times: Mon, Tues, Thurs & Fri 9am-6.30pm,  
Weds 9am-5pm and Sat 9am-1pm

**LOCAL DRUG & ALCOHOL SERVICES**

- 11 CAU Tel: 029 2046 1742  
House 56, Cardiff Royal Infirmary, Newport Road,  
Cardiff, CF24 0SZ  
Opening Times: Mon 9am-12pm, Tues, Weds &  
Thurs 9am-5pm, Fri 9am-4pm
- 12 Inroads Drug Project Tel: 029 2040 7407  
94 Neville Street, Cardiff, CF11 6LS  
Opening Times: Mon, Weds, Thurs, Fri 9.30am-5pm  
Tues 9.30am-7pm

**CARDIFF/CAERDYDD**

**OTHER HEALTH RELATED SERVICES**

**A&E - NOT NEEDLE EXCHANGE**

- 13 University Hospital of Wales Tel: 029 2074 7747  
Heath Park, Cardiff, CF14 4XW  
Opening Times: 7 days a week, 24 hours a day

**SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE**

- 14 Cardiff Royal Infirmary Tel: 029 2033 5208  
Out Patients, Cardiff Royal Infirmary, Newport Road,  
Cardiff, CF24 0SZ  
Opening Times: Mon, Tues, Thurs 9am-12.15pm &  
1.15pm-4.30pm and Fri 9am-12.15pm

**BARRY**

**PHARMACY NEEDLE EXCHANGE**

- 15 A.E. Peterson Tel: 01446 735814  
8 Park Crescent, Barry, CF62 6HD  
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm,  
Weds 9am-1pm & 2.15pm-5pm and Sat 9.30am-1pm

**LOCAL DRUG & ALCOHOL SERVICES**

- 16 Inroads Drug Project Tel: 01446 450005  
42 Holton Road, Barry, CF63 4HD  
Opening Times: Mon, Weds, Thurs & Fri 9.30am-4.30pm,  
Tues 9.30am-1.30pm
- 17 CAU, Newlands Tel: 01446 700943  
House 26, Newlands Street, Barry, CF62 8EA  
Opening Times: Mon-Thurs 9am-1pm & 1.30pm-5pm,  
Fri 9am-1pm & 1.30pm-4.30pm (Lunch 1pm-1.30pm)

**OTHER HEALTH RELATED SERVICES**

**A&E - NOT NEEDLE EXCHANGE**

- 18 Barry Hospital (Minor Injury Unit) Tel: 01446 704000  
Colcot Road, Barry, CF62 8HE  
Opening Times: Mon-Fri 8.30am-4pm

**LLANTWIT MAJOR**

**PHARMACY NEEDLE EXCHANGE**

- 19 Boots UK Ltd Tel: 01446 792300  
7 Boverton Road, Llantwit Major, CF61 1XZ  
Opening Times: Mon-Fri 8.30am-6pm  
and Sat 8.30am-5.30pm

**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:**