

## Sharps Safety

- Dispose of used equipment safely.
- Place used equipment in sharps bins supplied and return them to Needle Exchange.
- Used needles are dangerous and if someone is injured by a needle, there may be a risk of infection from hepatitis and possibly from HIV.
- In case of a needle stick injury, encourage natural bleeding, never suck or squeeze the wound.
- Wash thoroughly with soap and running water and then dry. Cover area with a waterproof plaster.
- Seek medical advice from your GP, G.U.M. clinic or A & E immediately.

## Useful Contacts

### Croydon Drug & Alcohol Action Team

☎ 020 8726 7750

[www.croydondaat.org.uk](http://www.croydondaat.org.uk)

### Croydon Substance Misuse Team

☎ 020 3228 0200

### Needle Exchange Co-ordinator

Croydon PCT

☎ 020 8274 6000

### Talk to Frank:

☎ 0800 77 66 00

### NHS Walk-in Centre

45 High Street, Croydon

☎ 020 8666 0555

### Mayday University Hospital

530 London Road, Croydon CR7 7YE

☎ 020 8401 3000

### GUM Clinic - London Road, Croydon

☎ 020 8401 3002

## Needle Exchanges in Croydon

### ★ Drug Agency

**Croydon CDA**  
100 Church Street

Croydon CR0 1RD

☎ 020 8686 7500

(Health advice available)

### ★ Pharmacy

**Barkers Pharmacy**

105 Church Street

Croydon CR0 1RN

☎ 020 8688 0835

**Shirley Pharmacy**

175 Shirley Road

Shirley CR0 8SS

☎ 020 8654 1065

**Aumex Pharmacy**

43 Central Parade

New Addington

CR0 0JD

☎ 01689 843363

**Superdrug Pharmacy**

1-2 Cotford Parade

Thornton Heath CR7 7JG

☎ 020 8684 1312

**Greenchem Pharmacy**

15 Broom Road

Shirley CR0 8NG

☎ 020 8777 7220

**Day-Lewis Pharmacy**

283 South Norwood Hill

South Norwood

SE25 6DP

☎ 020 8653 2034

**Dougan Chemist**

114 Headley Drive

Croydon CR0 0QF

☎ 01689 841251

**Boots the Chemist**

12-18 Whitgift Centre

Croydon CR0 1UP

☎ 020 8688 6021

**Superdrug Chemist**

3-5 Whitgift Centre

Croydon CR0 1US

☎ 020 8681 5035

**Boots the Chemist**

10 Daniell Way

Valley Plaza Retail Park

Croydon CR0 4YJ

☎ 020 8686 1114

**Boots the Chemist**

118-120 Brighton Road

Coulsdon

Surrey CR5 3EF

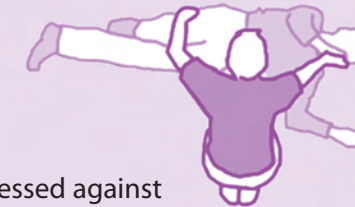
☎ 020 8660 1434

If you find it easier to read large print, use an audiotape or Braille or would prefer to communicate in a language other than English, interpreters and translators can be provided. Please telephone ☎ 020 8726 7750

## Recovery position

**If someone is unconscious and breathing, put them in the recovery position.**

- Open the airway by tilting the head back and lifting the chin.
- Straighten the legs.
- Place the arm nearest you at right angles to their body.
- Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest you.
- Get hold of the far leg, just above the knee, and pull it up, keeping the foot flat on the ground.
- Keep their hand pressed against the cheek and pull on the upper arm to roll them towards you, and onto their side.
- Tilt the head to make sure they can breathe easily.
- Make sure that both the right hip and the knee of the upper leg are bent at right angles.

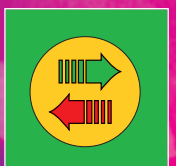


**Dial 999 and ask for an ambulance.  
Stay with them until the ambulance arrives.**

# Safer Injecting

## Practices

Safer injecting practices can help prevent dirty hits, bruising, blood poisoning and abscesses from bacteria. It can also prevent the transmission of hepatitis C and other blood - borne viruses such as HIV and hepatitis B. ★

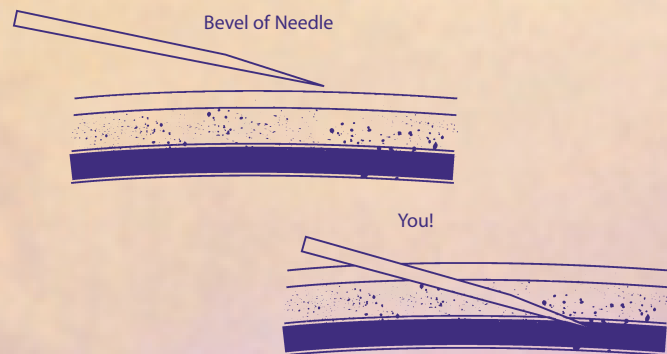


## Be blood aware

Blood-borne viruses such as hepatitis C can live in blood outside the body. Even small unseen amounts of blood can transmit hepatitis B and C if blood is transferred from one person to the next while injecting. Be alert to what is happening during the injecting process to avoid accidental exposure to any viruses. Never share anything that may be contaminated with blood such as cookers, filters, citric acid, vitamin C, and water. Get tested for hepatitis B and C. Get a hepatitis B vaccination.

## Vein care

- Always use a new sterile needle and syringe for each shot. A sharp point saves wear and tear on veins. Sterile works prevent infections.
- Always use smallest possible needle for every shot.
- Rotate your injecting spot as often as possible. You can keep your veins in good shape longer if you allow a spot time to heal.
- Insert needle at a shallow angle close to skin. It's gentler on veins and prevents track marks, bruises and abscesses.
- Use as little citric acid or vitamin C as possible.



## Avoid artery damage

If you miss a vein, you can sometimes hit an artery and cause a lot of problems. You will know you have hit an artery if:

- There is pain when you inject.
- Blood comes into the barrel under pressure – pushing back the plunger.
- Blood is bright red, pinkish or frothy.

### If you hit an artery, STOP! DO NOT INJECT.

- Remove the needle and apply pressure to the site for 10 -20mins.
- Raise the arm or leg injected to help stop the bleeding.
- If the bleeding does not stop, call 999.
- See a Doctor even if the bleeding stops.

## Injecting Crack/Cocaine

- If you inject cocaine powder or crack add cold water to dissolve.
- Do not heat crack.
- If you are speedballing, prepare heroin as usual and allow to cool before adding crack.
- Remember crack/cocaine numbs the area you inject. This means it is hard to know when you have made a bad hit or missed a vein.

## Beware of infections

Injecting drugs may cause very serious infections such as botulism, septicaemia and tetanus that can kill if untreated. Get a tetanus vaccination.

Infection symptoms include:

- High temperature.
- Shivers or chills.
- Pain, redness, swelling or tenderness at injection site.
- Increased shortness of breath and breathing problems.
- Blurred or double vision.
- Difficulty with swallowing and talking.
- Stiff muscles and painful spasm.
- Tightening of jaws ("Lockjaw").
- Feeling generally unwell.

**If you develop any of these symptoms see your GP or go to A & E immediately.**

## Overdose prevention

Do not mix your drugs.

- If you are not sure of how strong or pure a drug is, try a small dose first. It is safer not take your hit in one go.
- Beware of lower tolerance to drugs after a period of abstinence e.g. after leaving detox, rehab or prison.
- Try not to use on your own, so that you can get help if something goes wrong.

## Overdose

Injecting drugs increases your risk of overdose.

### Signs of an overdose

Symptoms of overdose occur in various forms and include:

- Cold or pale skin, blue/grey lips, toes and fingernails.
- Slow or shallow breathing or no breathing.
- Foaming at the mouth or vomiting.
- Snoring or gurgling noises.
- No response to shaking shouting or pinching.

### If you think someone has overdosed act fast:

- Stay calm - don't panic.
- Call 999 for an ambulance.
- If the person is breathing, lay them on their side in the recovery position. It is easier for them to breathe and reduces risk of choking on their own vomit.
- Stay with them until ambulance arrives
- Don't walk them around – *they could fall, or the drugs could get pumped into their bloodstream quicker.*
- Don't put them in a cold bath – *there is a risk of them drowning or dying of cold.*
- Don't hurt, hit or burn them – *this could cause an injury.*
- Don't inject them with salt water – *this won't help and might be harmful.*
- Don't leave them alone.