

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

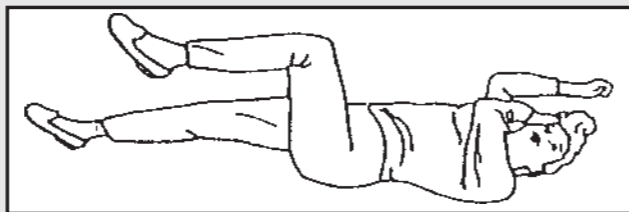
- Alternate injection sites regularly
- Inject slowly
- Release the tourniquet before the hit
- Check that you are in the vein by pulling back the Plunger (dark red blood should enter the barrel)
- Inject with the blood flow (towards the heart)
- Do not lick the needle before injecting
- Use the smallest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

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
- Measure 2 finger widths above this and place heel of one hand there with other hand on top
- Give 2 breaths without pause to inflate the lungs
- Find the notch at the bottom of the breast bone
- Start chest compression



CHECK CIRCULATION

- Look for any movement
- Feel for pulse in neck



IF NOT BREATHING

- 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

Ceredigion

Local Needle Exchange Services

We're here to help

ABERYSTWYTH

PHARMACY NEEDLE EXCHANGE

1 Lloyds Pharmacy Tel: 01970 624325
8-10 North Parade, Aberystwyth, SY23 2ND
Opening Times: Mon-Sat 9am-5.30pm

LOCAL DRUG & ALCOHOL SERVICES

2 Cyswilt Ceredigion Contact Tel: 01970 626470
49 North Parade, Aberystwyth, SY23 2JN
Opening Times: Mon-Fri 9am-5pm

3 West Wales Substance Misuse Service
Tel: 01970 636340
7a Great Darkgate Street, Aberystwyth, SY23 1DE
Opening Times: Mon-Fri 9am-5pm

A&E - NOT NEEDLE EXCHANGE

4 Bronglais Hospital Tel: 01970 623131
Caradog Road, Aberystwyth, SY23 1ER
Opening Times: 24 hours a day, 7 days a week

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

5 North Road Clinic Tel: 01545 571224
North Road, Aberystwyth, SY23 2EG
Opening Times: Tue 5pm-8pm and Wed 1.30pm-4pm
Appointment only

TREGARON

6 Huw Evans (Chemists) Ltd Tel: 01974 298265
The Pharmacy, Chapel Street, Tregaron, SY25 6HA
Opening Times: Mon-Fri 9am-5pm

LAMPETER

PHARMACY NEEDLE EXCHANGE

7 Adrian Thomas Pharmacy Tel: 01570 422566
3 High Street, Lampeter, SA48 7BA
Opening Times: Mon-Sat 9am-5.30pm,
(except Weds & Sat 9am-1pm)

LOCAL DRUG & ALCOHOL SERVICES

8 Prism Tel: 01570 422555
First Floor, 46 High Street, Lampeter, SA48 7BB
Opening Times: Mon-Fri 9am-5pm
Prism SUDDS Specialist Under 18's Drinking & Drugs Service Tel: 01570 422344
Opening Times: Mon-Fri 9am-5pm

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

9 Lampeter Community Family Planning
Tel: 01267 227475
Talliesan Court, Lampeter, SA48 7AA
Opening Times: Mon 10.30am-12noon,
contraception only by appointment

LLANDYSUL

PHARMACY NEEDLE EXCHANGE

10 Tysul Pharmacy Tel: 01559 362204
8 Lincoln St, Llandysul, SA44 4BJ
Opening Times: Mon-Fri 9am-6pm,
Weds and Sat 9am-5.30pm

CARDIGAN

LOCAL DRUG & ALCOHOL SERVICES

11 Cyswilt Ceredigion Contact Tel: 01239 623831
12 High Street, Cardigan, SA43 1JJ
Opening Times: Mon-Fri 10am-4.00pm

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

12 Cardigan Health Care Centre Tel: 01437 773883
Feidr Fair, Cardigan, SA43 1AB
Opening Times: Mon 1pm-4pm, Thurs 1pm-3.30pm,
appointment only

13 Cardigan Memorial Hospital Tel: 01437 773883
Pontycleiffon, Cardigan, SA43 1DD
Opening Times: Mon 5pm-8pm, appointment only

PHARMACY NEEDLE EXCHANGE

14 Co-Op Pharmacy Tel: 01239 612416
59 Pendre, Cardigan, SA43 1JR
Opening Times: Mon-Fri 9am-5.00pm

15 Boots the Chemist Tel: 01239 621578
3 Pendre, Cardigan, SA43 1JL
Opening Times: Mon-Sat 8.30am-5.30pm

ABERAERON

PHARMACY NEEDLE EXCHANGE

16 Boots The Chemist Tel: 01545 571231
5a Bridge St, Aberaeron, SA46 0AP
Opening Times: Mon-Sat 9am-5.30pm

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

17 Aberaeron Cottage Hospital Tel: 01267 227475
Princes Avenue, Aberaeron, SA46 0JJ
Opening Times: 1st Friday in month 12.30pm-2.30pm,
2nd & 3rd Thurs 5.00pm-7.00pm

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: