

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

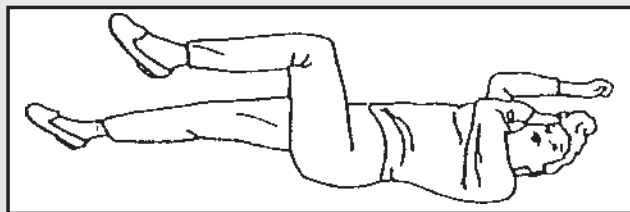
- Clean sites and hands before preparing to inject
- Use the smallest needle possible
- Use the smallest amount of acid possible
- Do not lick the needle before injecting
- Introduce the needle at a shallow angle
- Inject with the blood flow
- Check that you are in the vein by pulling back the plunger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



- NO CIRCULATION
- Look for any movement
- Feel for pulse in neck



- 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

Dyfed Powys

Local Needle Exchange Services

We're here to help

WELSHPOOL Y TRALLWNG

PHARMACY NEEDLE EXCHANGE

- 1 Boots the Chemists Tel: 01938 552152
16 Broad St., Welshpool, SY21 7SD
Opening Times: Monday-Friday 9.00am-5.30pm, Saturday 9.30am-5.00pm

LOCAL DRUG & ALCOHOL SERVICES

- 2 Kaleidoscope Tel: 01938 554013
The Armoury Recreation Centre, Brook Street, Welshpool, SY21 7NA
Opening Times: Monday-Thursday 9.00am-4.30pm (appointment only)

NEWTOWN Y DRENEWYDD

LOCAL DRUG & ALCOHOL SERVICES

- 3 Kaleidoscope Tel: 01686 610422
New Road, Newtown, SY16 1BD
Opening Times: Monday-Friday 9.00am-5.00pm

PHARMACY NEEDLE EXCHANGE

- 4 Boots the Chemists Tel: 01686 626241
20 - 21 High St, Newtown, SY16 2NU
Opening Times: Monday-Saturday 9.00am-5.30pm

LLANDRINDOD WELLS

PHARMACY NEEDLE EXCHANGE

- 5 Boots the Chemists Tel: 01597 822311
Victoria House, Station Crescent, Llandrindod Wells, LD1 5ET
Opening Times: Monday-Saturday 8.30am-5.30pm

- 6 Dudley Taylor Pharmacies Ltd Tel: 01597 822174
Princess Avenue, Llandrindod Wells, LD1 5HU
Opening Times: Monday-Friday 8.30am-5.30pm and Saturday 9.00am-1.00pm

LOCAL DRUG & ALCOHOL SERVICES

- 7 Kaleidoscope Tel: 01597 825102
Ithon Road, Llandrindod Wells, LD1 6AS
Opening Times: Monday-Friday 9.00am-5.00pm

RHAYADER

PHARMACY NEEDLE EXCHANGE

- 8 L Rowland & Co Ltd Tel: 01597 810445
London House, West St, Rhayader, LD6 5AA
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm and Sat 9am-1pm & 2pm-5pm

BUILTH WELLS LLANFAIR-YM-MUALLT

OTHER RELATED HEALTH SERVICES

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

- 9 Builth Cottage Hospital Tel: 01982 554354
GUM Clinic, Builth Wells, Powys, LD2 3HE
Opening Times: Thursdays 10am-12pm (please ring in advance for an appointment)

BRECON ABERHONDDU

PHARMACY NEEDLE EXCHANGE

- 10 Boots the Chemists Tel: 01874 622917
Unit 8, Bethel Square, Brecon, LD3 7JP
Opening Times: Monday-Saturday 8.30am-5.30pm,

- 11 Co-operative Pharmacy Tel: 01874 622789
7 The Butkirk, Brecon, LD3 7LB
Opening Times: Monday-Saturday 9.00am-5.30pm

LOCAL DRUG & ALCOHOL SERVICES

- 12 Kaleidoscope Tel: 01874 622333
9 Castle Street, Brecon, LD3 9DD
Opening Times: Monday-Friday 9.00am-5.00pm

YSTRADGYNLAIS

PHARMACY NEEDLE EXCHANGE

- 13 JG & RJ Davies Chemists Tel: 01639 842286
Commercial St, Ystradgynlais, SA9 1HD
Opening Times: Monday-Friday 9.00am-5.30pm and Saturday 9.00am-12.30pm

PHARMACY NEEDLE EXCHANGE

- 14 The Pharmacy Tel: 01639 844000
43 Gymsfa, Gurnos, Lower Cwmtwrch, SA9 1DD
Opening Times: Monday-Friday 9.00am-6.00pm

LOCAL DRUG & ALCOHOL SERVICES

- 15 Kaleidoscope Tel: 01639 845440
47 Commercial St, Ystradgynlais, SA9 1JH
Opening Times: Monday-Friday 9.00am-5.00pm

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 injecting 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: