

CONNECTING

A Guide to Using Harm Reduction Supplies as Engagement Tools

“Check out the reference guide for harm reduction workers.”



HELP OTHERS STAY SAFE

Encourage safe practices & carrying naloxone.

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SAFER INJECTING SUPPLIES

TOURNIQUETS (TIES)



Use a tourniquet when a vein is difficult to find.

Always use a tourniquet from your harm reduction program because it is elastic enough for quick and easy release.

The smallest amount of blood can remain on a tourniquet. Sharing it can put others at risk.

YOUR HEALTH MATTERS

Use safe. Carry naloxone.

Talk to your harm reduction site about the supplies they have available.

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SAFER INJECTING SUPPLIES

COOKERS,
FILTERS &
STERILE
WATER

Use new, unopened,
sterile supplies.

Cook your drugs every time.
Cool before injecting.

Supplies are for personal use
and should not be shared.

YOUR HEALTH MATTERS

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SAFER INJECTING SUPPLIES

VITAMIN C

Vit C is needed to make crack and brown/black tar heroin water soluble for injection.

Only use the Vit C provided by your harm reduction program.

Start with the smallest amount of Vit C. Adding too much can make your drug solution very acidic and be harmful to your veins.

Vit C will not break down pill filler.

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SAFER INJECTING SUPPLIES

BZK WIPES, ALCOHOL SWABS & DRY SWABS

WHAT DO I USE?

BZK Wipes (benzalkonium chloride)

- To clean hands
- To clean prep surface
- To clean a wound

Alcohol Swabs

- To clean fingers
- To clean prep surface
- To clean injection site

Dry Swabs

- Found in cooker packages
- Use after injecting to absorb blood

YOUR HEALTH MATTERS

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SAFER INHALING SUPPLIES

MOUTHPIECES & STRAIGHT STEMS



Used for inhaling drugs
that produce a vapour like
crack cocaine.

Use a mouthpiece to prevent burned lips.

Always replace a straight stem if:

- It was used by someone else.
- It's scratched, chipped or cracked.
- There is any blood on it.

YOUR HEALTH MATTERS

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SAFER INHALING SUPPLIES

BOWL PIPES & MOUTHPIECES



Used for inhaling drugs that produce vapour when heated like crystal methamphetamine.

Use a mouthpiece to prevent burned lips.

Always replace a bowl pipe if:

- It was used by someone else.
- It's scratched, chipped or cracked.
- There is any blood on it.

YOUR HEALTH MATTERS

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SAFER INHALING SUPPLIES

BRASS SCREENS & PUSH STICKS

Use new screens every time. Used screens can shrink or shred making them loose in a stem.

Brass screens are used in straight stems to:

- Hold drugs in place in the stem.
- Block hot particles from being inhaled into the mouth and throat.

Brass screens are a safer and better-quality choice than steel wools.

There is no 'one way' of packing screens. Push sticks are used to position screens inside the straight stem. Try different styles of packing until you find one you prefer.

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SAFER INHALING SUPPLIES

FOIL



Use foil to vape drugs that create vapour when heated.

Foil can be used for a range of drugs in rock, pill or powder form.

Foil can also be folded into a tube or pipe.

Foil from harm reduction sites is stronger and thicker than household foil. It does not have an oil coating.

YOUR HEALTH MATTERS

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SAFER SNORTING SUPPLIES

STRAWS

Paper straws are used for snorting powdered drugs or inhaling vapour.

Snorting drugs can damage membranes in the nose, causing it to bleed. Always use your own straw for safety.

After snorting, rinse your nose with sterile water to keep it healthier.

YOUR HEALTH MATTERS

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