

HARM REDUCTION

WHAT IS HARM REDUCTION?

According to SAMHSA, Harm Reduction is an approach that helps to prevent drug overdose and disease transmission



THE FACTS

In the last 20 years, over 750,000 people have died from drug overdose

Recent studies have shown that 80% of drugs checked come up positive for fentanyl contamination



Fentanyl and Fentanyl-contaminated drugs are the leading cause of overdose in North America

Roughly only 20% of those who inject drugs use clean needles



HOW YOU CAN PRACTICE HARM REDUCTION

TEST YOUR DRUGS

Fentanyl test strips can identify fentanyl in pills, powders, and injectable drugs

CARRY NALOXONE (NARCAN)

Comes in two forms: Intramuscular and Intranasal

For every 227 naloxone kits, one death is prevented

USE CLEAN NEEDLES

Use sterile syringes, cottons, and cookers

Participate in local syringe exchange programs to receive sterile equipment

REDUCE THE RISK FOR OVERDOSE

If you develop a SSTI, seek medical attention

- Space out doses
- Don't use alone
- Test your drugs
- Use slow and less
- Always carry Naloxone

