



Safer Use

There are steps you can take to help protect yourself from infection and overdose.

NEED NALOXONE (NARCAN®)?

NCADA (free): 314-962-3456 or ncada-stl.org

Missouri Network for Opiate Reform and Recovery (free): 1-844-732-3587

Missouri Pharmacies: You can buy naloxone (Narcan®) without a prescription.



Don't use alone.

If you do, use where someone is likely to find you if you overdose.



Keep naloxone (Narcan®) with you.

It can reverse overdoses from heroin, fentanyl, and other opioids.



Protect yourself from hepatitis and HIV.

Don't share or reuse needles or any other items, including cotton, cookers, ties, or water.



Take turns using.

When with others, use about 30 minutes apart so someone is alert enough to give naloxone or call 911.



Clean needles with bleach.

It's not safe to reuse syringes, but if you do, flush the syringe with cold, clean water, disinfect it with bleach for 2 minutes, then flush it again with cold, clean water.



Go slow.

Your tolerance can go down after not using for a few days. You never know how strong a new batch is.



Clean your injection site.

Use warm, soapy water or an alcohol swab before using to reduce infections of the skin, blood, and other organs.



Call 911 if someone is overdosing.

Missouri's 911 Good Samaritan law protects you and the person overdosing from arrest for possession of drugs and paraphernalia.



Start with a tester shot.

Your supply might be mixed with other drugs you don't know about. It could contain fentanyl, which can be deadly.



Dispose safely.

Protect others by putting used items in a strong container with a secure top (like a laundry detergent bottle). Tape it closed and label it: "Sharps, Do Not Recycle".

STRUGGLING?

Need help now? Behavioral Health Response can help.

Call the 24-hour crisis line at 314-469-6644 or 1-800-811-4760.

Saint Louis
COUNTY
PUBLIC HEALTH

Drug use is never completely safe; however, these tips can decrease your risk of overdosing or getting an infection. Avoiding drug use is still the best way to protect yourself.