



# Safer Use

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



## **Don't use alone.**

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



## **Protect yourself from hepatitis and HIV.**

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



## **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.



## **Clean your injection site.**

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



## **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.

## **STRUGGLING?**

**Need help now?** Missouri Department of Mental Health can help. Find services at [dmh.mo.gov/ada/help.html](https://dmh.mo.gov/ada/help.html)

**Uninsured?** Find out about free treatment options at [MissouriOpioidSTR.org/treatment](https://MissouriOpioidSTR.org/treatment)

## NEED NALOXONE (NARCAN®)?

**You can buy naloxone (Narcan®) with or without a prescription at most pharmacies.**

Learn where you can get naloxone at [MOHopeProject.org/get-naloxone/](http://MOHopeProject.org/get-naloxone/)



### **Keep naloxone (Narcan®) with you.**

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



### **Take turns using.**

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



### **Go slow.**

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



### **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.



### **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".



*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.*