

## Safer Injecting

- Wash your hands with soap and water before & after injecting
- Don't use any equipment more than once – this helps avoid lumps, bumps & infections
- Do not share, borrow or lend any injecting equipment – sharing increases the risk of passing on bacteria and viruses
- Always use the smallest, thinnest needle possible for the injection site
- Always use the best choice of water available to you – boiled then cooled water is ok to use if you do not have any water for injection (ampoules)
- Don't use too much citric or Vitamin C as these can cause damage to your veins– you need just enough to dissolve the drug. Never use lemon juice or vinegar
- Rotate sites to help your veins recover
- Avoid injecting in the groin
- Don't inject alone – if someone else is around they can get help if things go wrong

## Overdose

### PREVENTION

- If you haven't used for a while your tolerance will be lower so make sure you use less
- If you are unsure of the strength of the batch, try smoking it first or only inject a small amount
- Avoid using heroin with other drugs (even if prescribed) or alcohol. Cocaine and crack can mask the signs of overdose
- If you've had a missed hit wait before injecting again

### IF YOU THINK SOMEONE HAS OVERDOSED...

Stay calm

- Put them in the recovery position



- Dial 999
- Ask for an ambulance
- If they are not breathing tell the operator
- If you have Naloxone available, use it
- Stay with them until the ambulance arrives

## Bring it back

- Put **all** used equipment into a sharps bin
- Return bin to your nearest **Pharmacy or Needle Exchange site** for safe Disposal:



(See overleaf for Details of sites accepting used needles & syringes in sharps bins)

- Help keep your community safe by not disposing of used works in domestic waste

## BBVs - get tested, get treated

You can get tested for blood borne viruses such as hepatitis B and C, as well as HIV. There is a vaccination against Hepatitis B.

You can go to:

- your GP surgery
- Swindon Sexual Health Clinic:  
2<sup>nd</sup> floor, 1 Islington Street, Swindon, SN1 2DQ  
Tel: 01793 604038 or 01793 607870
- CGL offers this service to those in treatment with them or using the needle and syringe programme there

## Your local drug and alcohol treatment service

### Change, Grow, Live

Temple Chambers, 4 Temple Street, Swindon, SN1 1SQ

**T:** 01793 328 150

**E:** Swindoninfo@cgl.org.uk

**W:** [www.changegrowlive.org/swindon](http://www.changegrowlive.org/swindon)

- Needle & syringe programme/return your used works
- Naloxone
- BBV testing & Hep B vaccination for registered service users
- Access to substitute prescribing & detox ...and much more

## List of Live Needle Exchange Sites in Swindon

Provider	Address	Days Open	Weekday opening times**	Other opening times	Tel. Number
Jephson's Barratt FDX18	Barrett Wy., Wroughton, Swindon SN4 9LW	Mon - Sat	08:30-18:30	Sat 9:00-12:00	01793 812250
Jhoots Victoria FH416	171 Victoria Rd, Swindon SN1 3DF	Mon - Sat	09:00-18:00	Sat 9:00-12:00	01793 528388
Jhoots Currie FM572	THE HEALTH CENTRE, CURIE AVENUE, SWINDON SN1 4GB	Mon - Fri	9:00-13:00 14:00-18:00	Closed	01793 265965
Lloyds Park South	Park South, Unit 1 Royston Rd, Swindon SN3 2GD	Mon - Sat	09:00 – 18:00	Sat 09:00-17:00	01793 521379
Morrisons FH815	Thames Ave, Swindon SN25 1QX	Mon - Sat	09:00-19:00	Sat 09:00-17:00	01793 705322
Rowlands Sussex FDL80	Somerville Rd, Swindon SN3 3FS	Mon - Fri	08:45-13:15 14:00–17:30	Closed	01793 520262
Rowlands Kingswood FJJ49	Kingswood Ave, Swindon SN3 2RJ	Mon - Sat	09:00-17:30	Sat 09:00-13:00	01793 527757
Sparcells FX007	Midwinter Cl, Peatmoor, Swindon SN5 5AN	Mon - Fri	Mon, Thurs, Fri 08:30-18:30 Tues, Weds 08:30-18:00	Closed	01793 877760
Swindon H Centre FCP66	NHS Health Centre, Swindon Health Centre Pharmacy, 1 Islington St, Swindon SN1 2DQ	Tues - Fri	08:30-18:30	Closed	01793 616280
Swindon Pharm Hawth FWF24	261 Cricklade Rd, Gorse Hill, Swindon SN2 1AE	Mon - Sat	08:30-18:30	Sat 09:00-12:00	01793 522430
Tesco FJH00	Ocotal Way, Swindon SN1 2EH	Mon - Sun	08:00-20:00	Sat 08:00-20:00 Sun 10:00-16:00	01793 304066

**\*\* Check with Change, Grow, Live for info on Bank Holiday opening times.**