



Safer Use

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? Behavioral Health Response can help. Call the 24-hour crisis line at 314-469-6644 or 1-800-811-4760.

Uninsured? Find out about free treatment options at MissouriOpioidSTR.org

NEED NALOXONE (NARCAN®)?

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

MoNetwork (free): 1-844-732-3587

St. Louis Empowerment Center (free):
314-652-6100

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



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".

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.