Overdose

If someone drops or loses consciousness it is important to call an ambulance and stay with the person to check they are breathing, and if necessary breath for them. Check if the airway is clear, tilt their head back to open their airway and breathe deeply into their mouth. Their chest should rise with every breath you give.

Even if you are unsure how to do this properly, any assistance will give the person a chance. If they are breathing but unconscious, rolling them onto their side will stop them choking on their vomit and will help keep the airway open.

When the ambulance arrives tell them what has happened and what substance the person has taken. This information may help save the person’s life. The ambos are there to help not to judge and they will not call the police unless it is necessary, such as an unsafe or violent situation.

Call 000 or 112 (mobile)

Death from drug overdose is preventable

- Use with other people, so if a problem occurs such as overdose, an ambulance or other help can be called.
- Many fatal overdoses are the result of the person using two or more different types of drugs. Especially using heroin, benzos and alcohol together.
- If you don’t know the quality of the drugs it’s a good idea to test a small amount first.
- If you have had a period of not using such as time spent at rehab, prison or on naltrexone, your tolerance to drugs will be much lower than it used to be.

Our Programs:

- Counselling Services
- Althea Wellness Centre
- Healthy Food Healthy Me
- Needle and Syringe Program
- Support and Self Help Groups
- Arcadia House Detoxification, Transition and Day Programs

Directions
Level 6, Cosmopolitan Centre Woden Square
PO Box 538 Woden ACT 2606
Ph: 6132 4800
Fax: 6132 4801
Email: reception@directionsact.com
Website: www.directionsact.com
facebook.com/directionsaod
twitter.com/directionsaod

A guide to safer injecting
Methadone Syrup

There are two types of Methadone: Methadone Syrup and Biodone. If injecting, only Methadone Syrup needs to be mixed with water. Biodone needs to be run through a bacterial filter which will remove the red dye. Avoid damaging your veins and mix 3 parts water to 1 part methadone as a minimum when injecting Methadone syrup. Filter through a bacteria filter (0.2 micron). If Methadone has been in someone’s mouth, it is vital to use a bacterial filter to protect you from bacteria and germs.

Hands & Feet

The veins are very small and fragile in hands and feet and they can block easily or rupture. This is especially true of the veins in the feet as the circulation is very slow and they can be easily damaged and infected, taking a long time to heal.

Puncturing an Artery

If you hit an artery, the blood will pump out in time with your heart beat and be bright red in colour and frothy. If you try to inject into an artery you will find it difficult and feel a lot of pressure. Hitting an artery is painful.

If you hit an artery pull the needle out immediately, and apply pressure with some clean paper or cloth to stop the bleeding, raise the area if you can, above the heart. If it continues to bleed, seek urgent medical attention.

Seeking Assistance

With vein care, seeking prompt medical attention for any problems, can save your veins from further damage, it can also save your limbs or your life.

Steps to Safer Injecting

It will always be safer to use alternative methods than injecting your drugs. Other methods include snorting, smoking, swallowing and shafting.

Always use new injecting equipment and don’t share, even spoons. This prevents the transmission of hep B & C, HIV and other blood borne viruses. This can also prevent dirty hits, possibly resulting in blood poisoning and abscesses.

Invisible amounts of blood are enough to transmit the hepatitis C virus. Following the steps below, will protect you from being infected.

Remember: A new fit for every hit

- Have all your injecting equipment ready: new fits, alcohol swabs, sterile water, pill filters, tourniquet, sharps container. Make sure each person has new injecting equipment if you’re doing a group mix.
- Wash your hands well with soap and water. If you don’t have access to water use an alcohol swab to clean your hands. Clean down your work area with soap and water, detergents or swabs. If this is not possible then lay down clean paper to work on.
- If the equipment is new then it is sterile. Clean your spoon well by wiping with an alcohol swab.

For more info contact Directions on 6132 4800 or visit a primary NSP Outlet.

- If you are injecting pills, use the correct size filter. Pill filters are available in lots of sizes, if the pills are very chalky then you will need a large size filter to filter out large size particles. Then use a smaller filter. A wheel filter pamphlet is available that outlines which pill filters work the best for different drugs. Refer to the pamphlet on Wheel Filters for further information.
- Sterile water provided in the fit packs. If this is not available, use bottled water that doesn’t contain additives.
- Clean the injecting site with an alcohol swab or soap and water. Wipe in one direction only as rubbing back and forth contaminates the injecting site. You may need more than one alcohol swab to ensure the site is properly cleaned prior to injecting.
- If you have a group mix, make sure all the syringes are new. A used syringe will contaminate the mix in the spoon.
- Clean your spoon between every shot, even if you are the only one who has used it. This will ensure that your mix is free from bacteria and germs.
- Dispose of all injecting equipment in a disposal container provided with your fit pack. Or use a strong puncture proof container. Return all used equipment into a disposal bin at any NSP outlet or recycling centre.