

Using Prescription Painkillers or Heroin?

REDUCE YOUR RISK

OF OVERDOSE, HEP C & HIV



Prevent Overdose (OD)

- + Avoid using alone.**
If you overdose, you want someone around to help.
- + Take care if you haven't used in a while.**
You're more likely to overdose.
- + Avoid mixing.**
Most overdoses happen when heroin or painkillers are mixed with other drugs like benzos, methadone, antidepressants and/or alcohol.
- + Don't be afraid to call 911.**
If you're with someone who you think is overdosing, call 911. The law provides substantial protection from prosecution.
- + Get an OD rescue kit.**
Kits contain naloxone, a medication that reverses heroin, prescription painkiller and other opioid overdoses (including methadone) if given in time. Call 311 to find out where you can get training and a free kit.



Prevent Hepatitis C (Hep C) and HIV

Hep C and HIV are viruses in the blood. Sharing drug use equipment - including syringes, cookers, cottons and water - with someone who has Hep C or HIV can infect you. Hep C can damage your liver, and there is no cure for HIV, even with medication.

- + **Always use new equipment.** There are anonymous programs in NYC that provide free syringes and drug use equipment.
- + **Never share equipment** (including if you inject, snort or smoke drugs).



Emergency Overdose Instructions

- 1. Call 911.**
- 2. Give naloxone if you have it.** Spray nasal naloxone into the nostril, or inject intramuscular naloxone into the upper arm or thigh. If there is no response in two minutes, give a second dose.
- 3. Lay the person on his or her side.** Wait for help to arrive.

Resources

- + **Free and low-cost syringes:** Visit IDUHA.org for a list of syringe programs or check with local pharmacies.
- + **Hep C testing and care:** Call 311, text LIVER to 877877 or visit nyc.gov/health/hepc.
- + **HIV testing and care:** Text HIVTEST to 877877 for testing. Text CARE to 877877 for care.
- + **Help for drug problems:** Call 1-888-NYC-Well (1-888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell.
- + **More info on OD, Hep C, HIV, naloxone kits and training:** Call 311 or visit nyc.gov/health.