

SWOP

NEEDLE & SYRINGE EXCHANGES IN OXFORDSHIRE

£0.00

Published in Oxford

November 2011

SWITCHING TO SMOKING

Switching to smoking, 'chasing the dragon' is a safer way to take heroin.



You are less likely to overdose, and the risk of contracting a bacterial infection or blood-borne virus is at a minimum.

The Specialist Needle Syringe Program at 10b Littlegate St and the SMART Banbury CDAS, Banbury Health Centre now provide good quality aluminium foil for you to switch to inhaling heroin.

Start the switch by replacing one injecting time each day with smoking.

**ALWAYS USE A CLEAN SURFACE
TO PREPARE YOUR GEAR**

HEPATITIS C

EASY TO CATCH, EASY TO AVOID

Always use your own works, use new ones whenever you can. If you have to re-use a syringe **CLEAN IT!**

One rinse with water: **One** rinse with thin bleach: **One** rinse with new water from a second container: will kill ALL of the blood-borne virus in at least 99.9% of syringes.

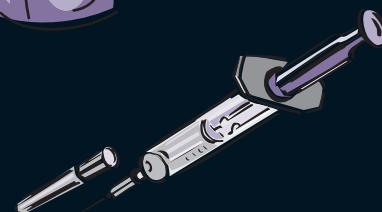
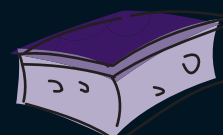
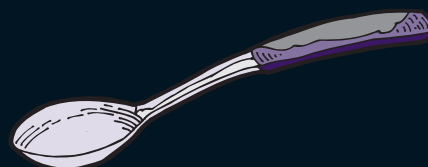
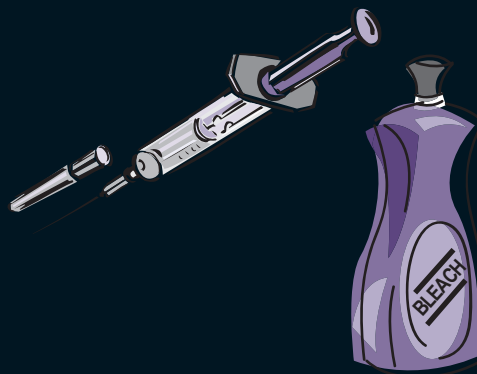
Always use your own spoon – NEVER let anyone else use it.

Always use your own water and water containers – DON'T re-use the water.

Always use your own filter.

Try to make your own clean space when getting your hit together. Wipe the surfaces with bleach if you can.

Hepatitis C is a robust virus and can be spread in contaminated blood that the eye can't see.



ALWAYS DISPOSE OF ALL INJECTING EQUIPMENT IN A SHARPS BIN!

USING LOW QUALITY HEROIN MEANS YOUR TOLERANCE WILL DROP

IF SOMEONE YOU ARE WITH OVERDOSES PUT THEM IN THE RECOVERY POSITION



- The picture above shows how a person should be placed in the recovery position.
- Stay with them until help arrives, checking their breathing and pulse every two–three minutes.
- Deep sleep and snoring are signs of an overdose.
- **Dial 999 – Call for an ambulance.**

THE POLICE WILL ONLY ARRIVE IF:

- The ambulance staff have experienced trouble in the past from the same address.
- There are concerns of safety for the ambulance staff.
- A child may be at risk.
- A person is reported dead.

AVOID AN OVERDOSE

- Don't mix drugs and alcohol.
- Don't use drugs on your own.
- Use **LESS** if you've had a break from using drugs.

HARM REDUCTION WORKS

You can get... Abscesses
Blood poisoning
Infected & blocked veins
—this can result in amputation of limbs

You can also get... HIV
Hepatitis B & C

...if you use a dirty needle

WHAT CAN I DO IF I DON'T WANT TO, OR CAN'T KICK THE HABIT?

- It is safer to smoke, sniff or swallow drugs.
- Don't mix drugs (including alcohol).
- Don't inject tablets.
- Don't shoot up alone.
- Remember your tolerance will be lower if you have had a break from using drugs.
- Don't share works, spoons, filters or water with anyone.
- Get protection from Hepatitis B by getting vaccinated. Visit your sexual health clinic or GP.
- Use a condom for sex... and visit your local sexual health clinic for a check-up.

**If you get swelling, redness
or pain around an injecting site:**

SEEK MEDICAL HELP IMMEDIATELY!!!

SWOP SCHEME AGENCIES

For FREE clean needles, and safe disposal of used works visit one of the following agencies

HARM REDUCTION SERVICE: SPECIALIST NEEDLE SYRINGE PROGRAM

10b Littlegate Street, Oxford

Tel: 01865 251015

Mon/Tue/Wed/Fri: 10am–4pm & Thu 4pm–8pm

SMART CDAS

Banbury Health Centre, 58 Bridge St, Banbury

Tel: 01295 225544

Mon 9am–5pm

For more information on harm reduction contact
SMART on 01865 251 015 email: enquiries@smartcjs.org.uk

OTHER LOCAL SERVICES

Oxfordshire Community Drug and Alcohol Service

Providing information, advice and structured support to users, their families and friends.

The Old Music Hall, 106–108 Cowley Road, Oxford. Tel: 01865 403151

OUT (Oxfordshire User Team)

*A team of current and ex-drug users offering advocacy,
and peer education workshops on overdose prevention and Hepatitis C.*

Tel: 01865 209111

The Women's Service

A dedicated drug service for women.

3 Collins Street, Oxford. Tel: 01865 793880

*To access drug treatment visit your GP or nearest Community Drug Agency.
Oxfordshire now runs a 'Shared Care Scheme' with SCAS,
pharmacists and GPs to offer an improved service to drug users.*

THIS SCHEME IS SUPPORTED BY



GET TESTED FOR HEPATITIS C

You can get tested for Hepatitis C in Oxfordshire for free at:

Your GP Surgery

or

Gum Clinic, Harrison Dept.

Churchill Hospital
(Old Road Entrance), Oxford
T: 01865 231231

Orchard Health Centre
Banbury
T: 01295 819181

Dried Blood Spot testing for Hepatitis C is now available from the addictions nurse for patients on substitute prescribing

SWITCHING TO FOIL

Just Fold & Chase

Save Your Veins

Reduce your risks from the transmission of Blood Borne Viruses including HIV, Hepatitis B and C.

Avoid bacterial infection, collapsed veins

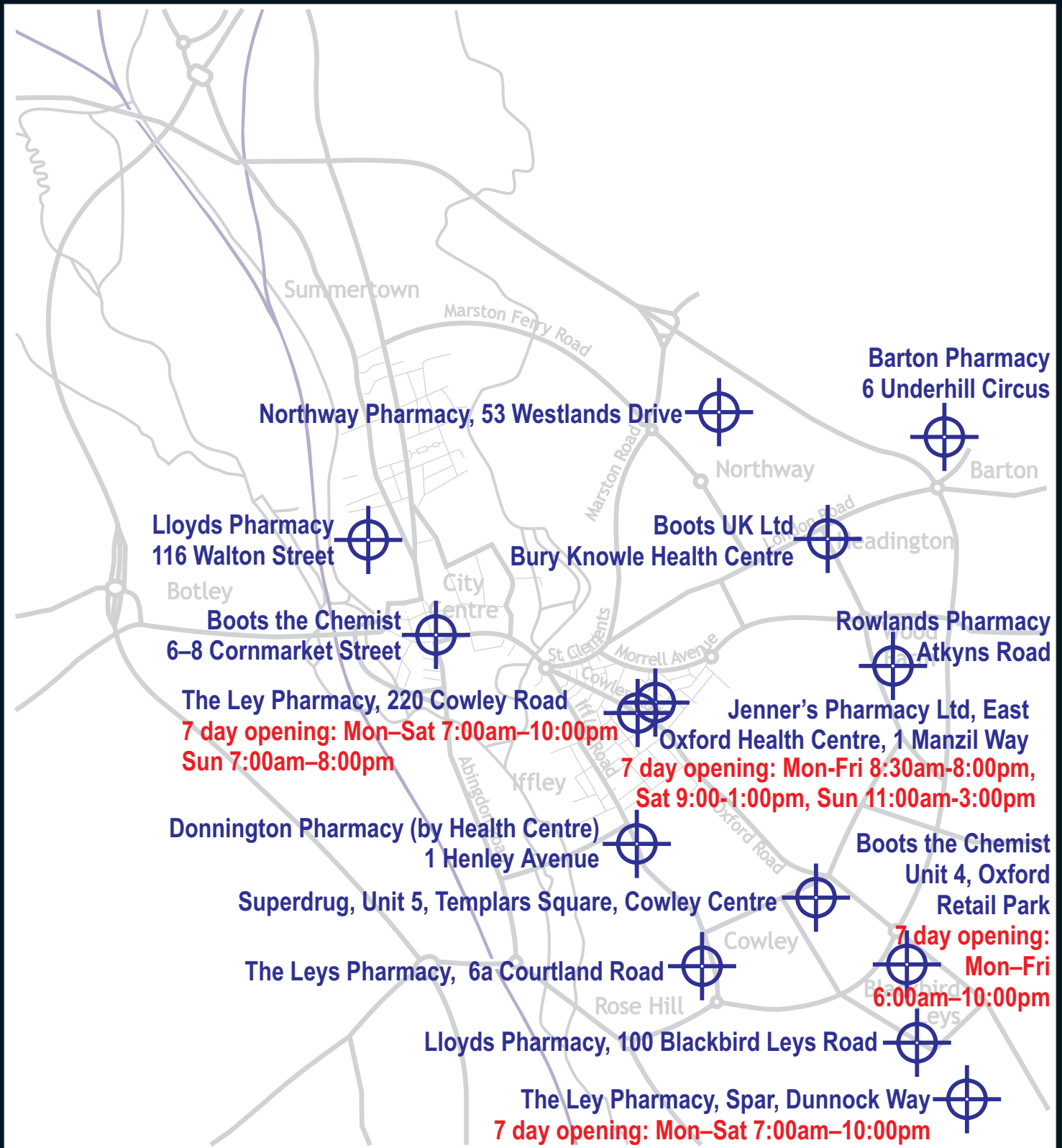
SWITCH TO INHALING

Good Quality Foil Packs are now available free from SWOP at Littlegate St and Banbury Health Centre

For more information or advice call the

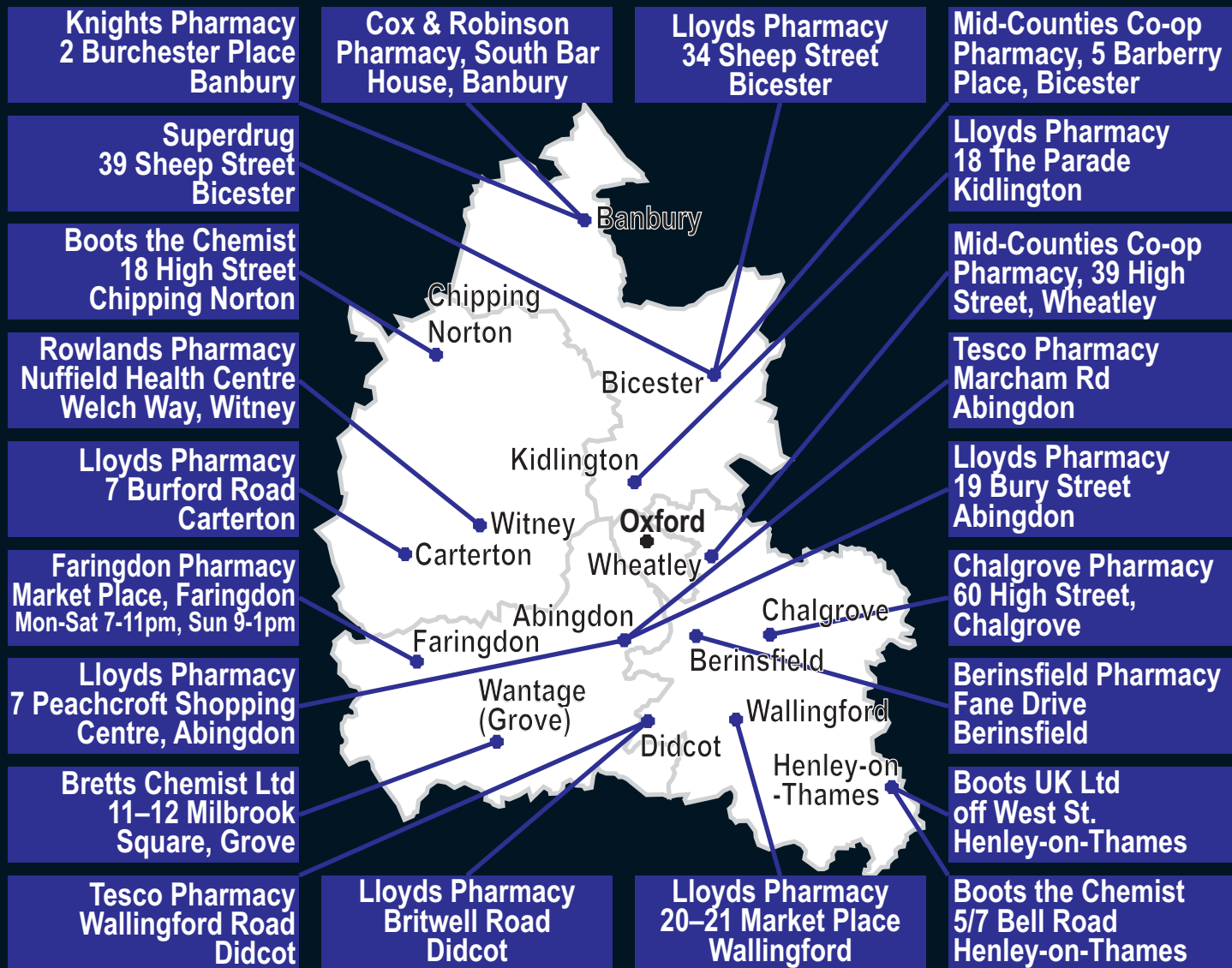
SMART Helpline: 01865 403151

SWOP PHARMACIES IN OXFORD CITY



THE SWOP SERVICE IS FREE & CONFIDENTIAL

SWOP PHARMACIES IN OXFORDSHIRE



NEW SWOP PACKS CONTAIN:

- i. **Orange Pack** = 10x 1ml insulin syringes
- ii. **Blue Pack** = 7x 2ml syringes, 7x **blue** needles (23g x 1¼"), 7x **orange** needles (25g x 1½")
- iii. **Nevershare Coloured Pack** = 10x 1ml fixed coloured syringes
- iv. Each pack also contains a new discreet sharps bin, citric acid sachets, a condom and leaflet.

SWOP packs for injecting anabolic steroids are now available from all SWOP pharmacies

For FREE clean needles, and safe disposal of used works visit one of the following pharmacies