

USING AWAY FROM HOME

If you're going to use away from home in places like laneways, public toilets or in a car, there are some things you'll need to think about.

PLAN AHEAD

It's a good idea to get all of the things you need from the Needle and Syringe Program (NSP) before you score so you're not short when you need them.

Plan to use somewhere you feel safe and you're not going to be rushed.

INFORMATION AND SUPPORT

A Needle and Syringe Program (NSP or the exchange) worker can give you information, help you find services and make appointments for you.

DirectLine

1800 888 236 • www.directline.org.au
24-hour. If you want to talk to someone about your drug use or find a support service.

Harm Reduction Victoria

(03) 9329 1500 • www.hrvic.org
Peer support and safer using information for people who use drugs. Coordinates the Drug Overdose Prevention/Peer Education (DOPE) program.

Better Health Channel

www.betterhealth.vic.gov.au
Health services and service directory.

Fitzroy Legal Service

www.fitzroy-legal.org.au
Free legal advice.

Agency details:

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NALOXONE AND OVERDOSE

Naloxone temporarily reverses the effects of opioid overdose which will allow the person to begin to breathe again.

If you use opioid drugs like heroin or morphine you should speak to an NSP worker to find out more about naloxone.

There is more information on naloxone in the brochure titled 'Overdose'.

Try not to use alone. If you must, then use somewhere that's quiet but not totally isolated. If you drop will someone find you?

Remember that using opioid drugs like heroin, morphine or oxycodone while you have alcohol or benzos in your system greatly increases the risk of overdose.

Have a small taste first so you can judge how strong the gear is, especially if you haven't used for a while.

Take your time. Injecting slowly and resting half way can give you a better chance of telling how strong the gear is, rather than banging it in all at once and risking overdose or losing your shot.

KEEP THINGS AS CLEAN AS YOU CAN

Keep things as clean as you can so there's less chance that you'll have a dirty hit.

If you can, wash your hands with soap and running water.

If you can't get soap and water you can use alcohol swabs from the NSP.

Put some paper down to make a clean surface. You can open the pack you got the needles and syringes from and spread it out to create a clean surface to work on.

Make sure you dispose of your syringes, swabs and wrappers safely. You can dispose of used syringes at:

- + All NSPs
 - + Many local councils
 - + Many public toilets
 - + Some pharmacies.
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WATER

Sterile water for injection is best. Many Needle and Syringe Programs (NSPs) can either give you sterile water or sell some to you.

If the NSP doesn't have sterile water, is there somewhere you can boil some, let it cool down and bring it with you in a clean sealable container?

Once sterile water is opened, bacteria can get in and it won't be sterile anymore, so don't hang on to it after the first use.

Never mix up with water that's been in contact with someone else's used syringe.

There is more information on safer injecting in the brochures titled 'Injecting' and 'Pills and Medicines'.

ARREST

It's against the law to carry or use illegal drugs but if you admit to using an illegal drug you may be charged.

It's not illegal to carry new or used needles and syringes or naloxone.

It's important to know your rights so if you are stopped by the police or arrested, you will know what to do, and where to get support.

There is more information on this in the brochure titled 'Using and the Law'.

ASSAULT

Physical and/or sexual assault can happen to anyone.

If you're on the nod, you're more vulnerable than if you are alert.

To reduce the risk of assault, think about where you're using and an exit plan for if things go wrong.

For support and information you can ring the Sexual Assault Crisis Line free on 1800 806 292.

THE GENERAL PUBLIC

It is good to remember there are other people around – their reactions can sometimes be negative to drug use.