

# TIPS FOR SAFER INJECTION



- **USE STERILE EQUIPMENT**
  - only use injection supplies once and then dispose of them properly to protect yourself and others
- **ROTATE YOUR VEINS**
  - switch up your spot
  - use arms when possible (avoid arteries and feet)
  - start low and work your way up in the direction of your heart
- **GO SLOW**
  - fear causes mistakes and mistakes can be deadly
  - take control by taking your time
  - use a tiny tester amount first
  - make sure you can see the hole in the needle's tip while injecting to avoid piercing through the vein
- **CARRY NALOXONE (NARCAN)**
  - you can save a life and reverse an overdose
  - Naloxone is legal to have and use
  - make sure others know you have it
- **DO NOT USE ALONE**
  - if you must, stay accessible
  - using alone means no one will be there to help you if you overdose
- **SUSPECT AN OVERDOSE? CALL 911**
  - the Good Samaritan Law protects callers and overdose victims
  - every second counts during an overdose

## ABOUT US

Our team is here to help you! If you're hurt, in danger, or want to make a change-ask for help. You deserve safety, health, and happiness! You are not alone, and support is available through our program.

## CONTACT US

Washington County Health  
Department  
Division of Behavioral Health  
Services

Address:

925 North Burhans Blvd.  
Hagerstown, MD 21742

Phone:

240-313-3310

Website:

<https://washcohealth.org/>

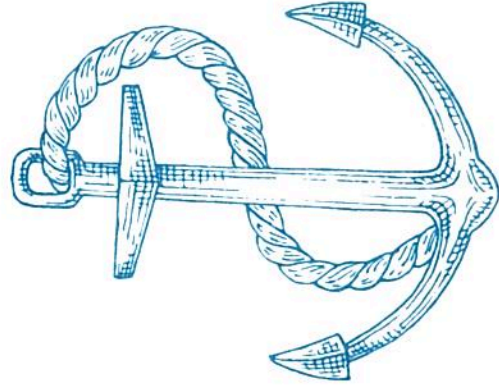
Language Line:

240-313-3391



# HARM REDUCTION PROGRAM

HUB CITY STRONG



# WHAT IS HARM REDUCTION?

Harm Reduction refers to policies, programs, and practices that aim to minimize negative health, social, and legal impacts associated with drug use, drug policies, and drug laws.

Harm Reduction is grounded in justices and human rights-it focuses on positive change and on working with people without judgment, coercion, discrimination, or requiring that they stop using drugs as a precondition of support.

# PRINCIPLES

## RESPECT

Harm Reduction is fundamentally grounded in principles that aim to protect human rights and improve public health. The use of drugs does not mean people forfeit their human rights.

## COMMITMENT

Harm Reduction is committed to social justice. We work to address discrimination and ensure no one is excluded from health and social services. Central to our services is the meaningful involvement of those people that use drugs, which helps our designing, implementing, monitoring, and evaluating programs and policies.

## SUPPORT

Harm Reduction provides support to keep people alive and encourage changes in their lives. Harm Reduction approaches are facilitative rather than coercive, and aim to reinforce positive change in a person's life-no matter how small that change may be.

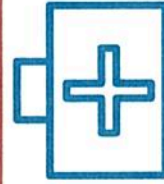
# SYRINGE SERVICES PROGRAM

The Syringe Services Program (SSP) is an HIV, Hepatitis C, and other blood-borne infections prevention program that offers intravenous drug users risk reduction education and sterile syringes to reduce the spread of infectious diseases. The program also provides access to behavioral health treatment.

To become a participant of the SSP program, you will need to register with our department. You must be 18 years or older and no identification is required for registration. This program is free and confidential.

Our SSP operates Monday-Friday from 8:30 AM-12:00 PM and 1:00 PM-4:00 PM.

Questions regarding this program may contact our office at: 240-313-3310.



# OUR SERVICES

Outreach

Narcan and Fentanyl Testing Strips

HIV, Hepatitis, and Sexually Transmitted Infections (STIs) Testing

Peer Recovery Services

Community Syringe Disposal

Safer Injection Equipment

Referrals (PrEP, Behavioral Health, Treatment, Etc.)

Family Services

