

# SAFER METHOD:

HARM REDUCTION FOR METH INGESTION

## SAFER INGESTION TIPS:

- SWALLOWING
- RECTAL INSERTION (BOOFING/PLUGGING)
- SNORTING

ARE GENERALLY CONSIDERED THE SAFEST WAYS OF INGESTING METH

- FINELY CHOP GRANULES BEFORE SNORTING
- ALTERNATE NOSTRILS
- WRAP SHARDS IN TISSUE OR TOILET PAPER BEFORE SWALLOWING
- DO NOT RUB GRANULES ON GUM LINE (CAN LEAD TO ORAL ULCERS)

INJECTION IS THE RISKIEST MEANS OF INTRODUCING ANY DRUG INTO THE BLOODSTREAM, INCLUDING METH

## SAFER INJECTION TIPS:

- WASH YOUR HANDS WITH SOAP AND WATER
- USE A NEW SYRINGE
- IF REUSING SYRINGES
  - CLEAN THOROUGHLY WITH BLEACH AND CLEAN WATER
  - RINSE THREE TIMES TO REMOVE ALL TRACES OF BLEACH
- USE A CLEAN COTTON FOR FILTERING YOUR SHOT. FOR FILTERING SHOT USE:
  - QTIP HEAD
  - CORNER OF ALCOHOL WIPE
  - FRESH COTTON BALL
  - SKIP THE FILTER IF YOU CAN'T FIND A SAFE ONE
- CLEAN INJECTION SITE WITH ALCOHOL WIPE
- ROTATE INJECTION SITES

DO NOT SHARE: RIGS, COTTONS, ALCOHOL WIPES, AND TOURNIQUETS TO REDUCE THE SPREAD OF HIV, HEPATITIS, AND OTHER BLOOD BORNE DISEASES

DON'T USE YOUR FINGER TO STOP THE BLEED; USE A CLEAN SELF-ADHESIVE BANDAGE



# OVERAMPING:

## RECOGNIZING SIGNS OF STIMULANT OVERDOSE

OVERAMPING IS THE TERM USED TO DESCRIBE WHAT ONE MIGHT CONSIDER AN "OVERDOSE" ON STIMULANTS. OVERAMPING CAN HAPPEN REGARDLESS OF AMOUNT INGESTED

- **FAINTESS / DIZZINESS**
- **NAUSEA / VOMITING**
- **SLURRED SPEECH**
- **DEHYDRATION / EXCESSIVE SWEATING**
- **EXTREME MOOD SWING**
- **SHORTNESS OF BREATH**
- **RAPID PULSE**

### EMERGENCY

- **UNCONSCIOUSNESS**
- **SEIZURE**
- **OVERHEATING**
- **STROKE**
- **CARDIAC ARREST**

### RESPONDING TO OVERAMPING:

- **STOP AND CALL 911**
- **CHECK FOR A PULSE. IF NO PULSE IS DETECTED, BEGIN CPR**
- **REMOVE SHARP OBJECTS FROM THE AREA**
- **PUT THE PERSON IN RESCUE POSITION IF SEIZING, VOMITING, OR LEAVING THE PERSON UNATTENDED**
- **IF THE PERSON REGAINS CONSCIOUSNESS:**
  - **SIT WITH THE PERSON**
  - **ENCOURAGE THE PERSON TO SIT IN AN UPRIGHT POSITION**
  - **KEEP THE PERSON TALKING. ASK THEM QUESTIONS**
  - **GIVE THEM WATER ONLY IF SITTING UPRIGHT**
  - **EXPLAIN GENTLY WHAT HAPPENED AND WHAT STEPS YOU TOOK**

### DO NOT

- **INDUCE VOMITING**
- **PUT ANYTHING IN THE PERSON'S MOUTH**
- **GIVE THE PERSON ALCOHOL TO CALM THEM DOWN**
- **CONTINUE TO USE**
- **CONTINUE PLAY**

For recovery resources in your area, visit:

NoMoDeaths.org  
DMH.Mo.Gov  
CrystalMeth.org  
Kccare.org

For Harm Reduction practices for Stimulant Use Disorder, visit:

Tweaker.org  
HarmReduction.org

For the national suicide hotline, call:  
800-273-8255

IF YOU DO NOT KNOW WHAT THE PERSON HAS TAKEN, CALMLY ASK SOMEONE ELSE PRESENT IF THEY KNOW WHAT THE PERSON HAS CONSUMED. IN THE EVENT OF A SEIZURE, TIME THE SEIZURE FROM WHEN IT BEGAN TO WHEN IT ENDED. THIS INFORMATION COULD BE LIFE- SAVING WHEN EMS ARRIVES.