



Stay Safe Tips for People who Inject Drugs and New Hampshire Syringe Service Programs



Use sterile injecting supplies

You can prevent harm to yourself and others by using injection supplies once, never sharing them, and disposing them properly afterward. Connect with a Syringe Service Program for sterile injecting materials, disposal containers, and to drop off used materials.



Take care of your veins

Use arms when possible. Start low and work your way up the vein in the direction of your heart. Switch up veins each day. Avoid arteries (wrist, neck, groin) and feet. Make sure you can see the hole in the needle as you inject.



Take your time

Fear causes mistakes. Mistakes can be deadly. Take control by taking your time. **Use a tiny tester amount first.** You can always put more in, but you can't squeeze it out.



Carry Naloxone (Narcan)

You can save a life. Naloxone (brand name Narcan) is **legal and safe** to have and use for a suspected opioid overdose. Make sure others know how to use it. For free naloxone connect with a Syringe Services Program or check <https://thedooway.nh.gov/avoid-overdose>.



Call 911 if you suspect and overdose

Seconds count. The NH Good Samaritan law protects callers and overdose victims from arrest for small amounts of drugs in paraphernalia at the scene of an overdose.



Don't use alone

Nobody can help you if they don't know you're there.



Seek care and challenge yourself

If you're hurt, vulnerable, or want deserve safety, health, and happiness connect with a Syringe Service Program or The Doorways, locations listed at <https://thedooway.nh.gov>.



change, speak up for yourself. You can look out the resources on the back to the cover or The Doorways, locations listed at <https://thedooway.nh.gov>.



Nursing

NH
CITIZENS
HEALTH
INITIATIVE

NHHRC
NH Harm Reduction Coalition



Syringe Service Programs in New Hampshire During COVID-19

Organization	Location	Contact and Program Information
 <p>GROW Syringe Services</p>	Keene area	Confidential call or text to connect Phone: (603) 903-4049 Web: facebook.com/GROWSSP/ Call or text to set up a time to meet
 <p>HAND UP</p>	Dover, Rochester, & Somersworth	Confidential call or text to connect Phone: (207) 370-7187 Web: www.nhhrc.org/handup See website for outreach schedule
 <p>MT. WASHINGTON VALLEY</p>	Conway	To request services, call to connect Phone: (603) 662-0668 Web: mwvsupportsrecovery.org/ Call to make an appointment
 <p>HIV/HCV Resource Center</p>	Claremont	Confidential call to connect Phone: (603) 276-9698 Web: www.h2rc.org/syring-exchange Call and ask for Ryan F. to make an appointment
 <p>QUEEN CITY EXCHANGE</p>	Manchester area	Confidential call or text to connect Phone: (603) 463-6241 Web: http://nhhrc.org/queen-city-exchange/outreach/ Open Sundays from 2 – 4pm, call or text for the location
 <p>SYRINGE SERVICE ALLIANCE OF THE NASHUA AREA</p>	Nashua area	To request services, call to connect Phone: (978) 743-9636 Email: hope@aidstaskforcenh.org Web: www.nashuanh.gov/1174/Syringe-Services-SSANA Call to set up a time to meet