

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

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

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**

EMERGENCY

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

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.