



01 Call 911 for help. The law protects you and the person overdosing from being charged with drug possession.



02 Wake the person up by shaking and shouting. If there is no response, grind your knuckles into their breastbone for 5-10 seconds.



03 Assemble Narcan and spray into one nostril. Repeat after 2-5 minutes if still unconscious.



04 Perform rescue breaths by pinching their nose, placing your lips over their mouth and blowing a normal breath of air into them until their chest rises. After doing so, wait a second, allow their chest to fall, and repeat.

CONTINUE UNTIL HELP ARRIVES

If the person wakes up, explain what happened and ensure that medical attention is received. Narcan wears off in about 30-90 minutes. Keep watch over them as they could fall back into overdose. If you leave, place them on their side to prevent choking.

HOURS OF OPERATION

Apartment 8, Building I

Reed Manor, Jackson, MI

Monday, Wednesday, Friday: 11am-3pm

Tuesday, Thursday: 3pm-7pm

CONTACT

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www.jxnharmreduction.org



**HARM REDUCTION
TECHNIQUES**

There are several factors that lead to overdose, including...

DECREASED TOLERANCE

FACTOR

1

- If you haven't used in a few days, use less than usual
- Take a tester dose
- Recognize that non-fatal overdose in the past increases the risk of fatal overdose in the future

MIXING DRUGS & QUALITY

FACTOR

2

- Mixing uppers & downers is dangerous
- Use one drug at a time
- Use less of each drug when mixing
- Test the strength of the drug before doing the full amount

USING ALONE

FACTOR

3

- Use safely with someone
- Know your limit
- Make sure help can reach you
- Make an overdose plan with friends or other users

Take care of old sharps safely and securely...

Sharps can refer to needles, syringes, lancets, and auto-injectors. This includes epinephrine and insulin pens, infusion sets, and connection needles/syringes. After using a sharp, it is best to store them in a strong, plastic container like an old laundry detergent container (a plastic pop bottle is not strong enough). When the container is approximately 3/4ths full, place the lid on it, seal it with duct tape, label it, and put the container in the household trash. *Do not recycle.*

WHAT IS HIV?

HIV infection is a long term illness that damages your immune system's ability to fight off disease. It is spread via vaginal, anal, and oral sex without a condom. Sharing needles or works while injecting drugs can pass along HIV as well, even from mother to child during pregnancy, birth, or breastfeeding. Contact us for testing.

JXN HARM REDUCTION is a non-profit that offers a place to dispose of dirty needles and acquire clean needles, syringes, Narcan and other supplies that reduce harm. We also educate clients on how to prevent overdose and teach them safer injection techniques. Other harm reduction services are offered as well, including HIV testing. When clients desire it, we refer them to recovery professionals who can help them further. These actions help us ensure a safer community by extending lives and by preventing the spread of disease.

UNDERSTANDING HEPATITIS

Hepatitis is a group of viruses that inflame and infect the liver.

HEPATITIS A is spread through food or water that has been contaminated by fecal material. There is a vaccine available to help fight it.

HEPATITIS B is spread by blood or bodily fluids. There is a vaccine available to help fight it.

HEPATITIS C is spread by direct blood to blood contact. There is *no* vaccine available to help fight it. Prevention and treatment are key to reducing harm.

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