

DONT USE ALONE

Try not to use alone and do not let your friends use alone, if you are using with others, stagger use between each other, this allows one person to watch out for overdose signs.

If you are using alone consider using the BuddyUp app or creating a rescue plan with your drug and alcohol worker.



SKIN SORES

Use of drugs contaminated with xylazines creates sores/ ulcers.

They appear as blisters, small purple bruises or scabs, large open sores, or dark or black dead pieces of skin.

If you notice those seek medical attention urgently, left untreated it can lead to amputation.

MEDICATION ASSISTED TREATMENT (MAT)

If you are on medically assisted treatment, are you on your optimum dose? Are you using illicit substances on top? Have you met with your drug and alcohol worker/ prescriber recently to review your treatment to make sure the treatment you are on is working for you.

TEST YOUR DRUGS

You can test your drugs through Wedinos! It's as easy as filling in a form and sending off a sample of the substance you are using, this is a completely anonymous.

Or ask your drug and alcohol worker for a self-testing strip for xylazine.

XYLAZINE HARM REDUCTION

START LOW, GO SLOW

Start with a small amount of heroin, you don't know whether it is contaminated with xylazines so go low and slow. Do a test dose to see how your body reacts to it.

Xylazines are a sedative used in the veterinary field therefore overdose symptoms will be similar to heroin.



POLY-DRUG USE

Did you know that your risk of overdose can be up to 20x higher if you are using different substances at the same time.

This is even higher if you are using opiates contaminated with xylazines as xylazines can be up to 250x more life threatening than heroin. Using alcohol, crack or other substances on top heightens your risk even more.

OVERDOSE RESPONSE

If you suspect someone is overdosing, always call 999 and administer naloxone, you may need more than one kit due to the contaminated synthetic opiates in circulation.



EQUIPMENT

Please utilise our needle syringe programmes to get access to sterile equipment, this will reduce the risk of spreading blood borne viruses.

Never share equipment, this means needles, spoons, crack pipes.

If you are going to use, try to smoke rather than inject.