

For someone who is unconscious, but still breathing:

Lie the person straight out on their back.



Open their airway by tilting their head back and lifting their chin.

Put the arm nearest to you at right angles to their body.

Pull the other arm across their chest, so that the back of their hand rests against their cheek.



Lift the leg furthest away from you, from just above the knee, until their foot is flat on the ground and their knee is bent.

Keep their hand pressed against their cheek and gently pull the bent knee towards you, so that they roll onto their side.

Tilt their head back to make sure they can breathe easily.



Make sure that their hip and the knee of their upper leg are bent at right angles.

**YOU WON'T GET IT RIGHT UNLESS YOU TRY IT.**

## Slough



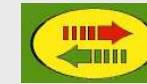
1. Kamal Enterprises Ltd, 16 Chalvey Road West, Slough SL1 2PN
2. J E Ross, 112 Stoke Road, Slough SL2 5AP
3. Lloyds Pharmacy, 45 Osbourne Street, Slough SL1 1PQ
4. Boots, 184 High Street, Slough SL1 1PE
5. K Pharmacy, 400 Farnham Road, Slough SL2 1JA
6. Lloyds Pharmacy, 18 Parlaunt Road, Langley, Slough SL3 8BB
7. Turning Point, 331-333 High Street, Slough SL1 1TX

## Bracknell Forest



1. New Hope, 92 Broadway, Bracknell RG12 1AR
2. Great Hollands Pharmacy, 6 Great Hollands Square, Bracknell RG12 8UX
3. Alliance Pharmacy, 5 The Square, Harmanwater, Bracknell RG12 9LP
4. Lloyds Pharmacy, 12 Dukes Ride, Crowthorne RG45 6LT
5. Lloyds Pharmacy, 3 Bullbrook Row, Bracknell RG12 2NL
6. Superdrug Pharmacy, Unit D, Charles Square, Bracknell RG12 1DF

## Windsor & Maidenhead



1. Lloyds Pharmacy, 4 Broomhall Buildings, Chobham Road, Sunningdale, Ascot SL5 0DH
2. Olive Pharmacy, 18 Hampden Road, Maidenhead SL6 5HQ
3. Park Pharmacy, Wilderness Medical Centre, 4 Cookham Road, Maidenhead SL6 8AJ
4. Boots Chemists, 54-58 High Street, Maidenhead SL6 1PY
5. Superdrug, 36-40 Brock Lane Mall, The Nicholson Centre, Maidenhead SL6 1LL
6. Boots The Chemists Ltd, 113 Peascod Street, Windsor SL4 1DN
7. T2 Maidenhead, Grove Road, Maidenhead SL6 1LW
8. Woodland Park Pharmacy, Waltham Road, Woodland Park, Maidenhead SL6 3NH
9. Kays Chemist, 24 Ross Road, Maidenhead SL6 2SZ

# EAST BERKSHIRE NEEDLE EXCHANGE PROGRAMME

Issue 2

Abscesses



Berkshire East **NHS**  
Primary Care Trust

**An infected abscess is a pocket of pus within inflamed tissue. Pus is made of dead tissue, germs (bacteria), and white blood cells.**

## **ABSCESSSES**

### **How to spot an abscess:**

- The skin may be raised
- The infected area may feel hot
- The infected area may be tender and painful
- The area may become red
- Pus may form in the affected area
- It may smell and release fluid

### **As the infection spreads, you might:**

- See red streaks around the abscess
- Feel tired or feverish or have chills
- Have chest pains if the infection goes to your heart or lungs

If you have an abscess, you should visit your GP or Walk-in Centre for medical advice and treatment as soon as possible, before the infection starts spreading.

Never try to lance or puncture abscesses yourself. This can spread infection and without appropriate antibiotic cover you can quickly develop septicaemia (blood poisoning).

If the infection has started to spread and you are experiencing fever and chills, it is vital that you go to A&E immediately.

You are encouraged to alternate injecting sites to reduce the risk of swelling, infection and abscess formation.

Hitting in the same spot over and over will damage the vein for sure.

### **So how does it happen?**

You are more likely to damage tissue and develop an abscess when you “skin pop” or miss your vein.

Remember: the **CUT** in the dope is more likely to cause an abscess.

Using contaminated works is another major factor in causing abscesses.

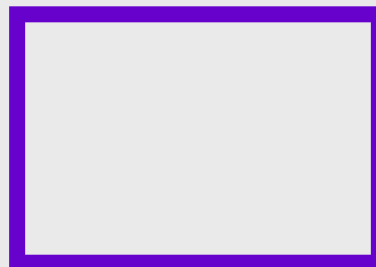
### **Where do the germs come from?**

Germs are invisible without a microscope. They are on most surfaces, including skin, and on any used item such as a used needle, cooker, filter or tourniquet.

Germs are on your skin - even if you think you are clean. All of these germs can get into your body.

### **How can I reduce my risk for abscesses?**

- Before you shoot, **WASH** your skin and hands with **HOT, SOAPY WATER**
- Use a **BRAND NEW, STERILE NEEDLE** every time you inject or divide drugs
- Use clean filters, clean cookers and fresh, clean water every time
- Clean the injection site properly with alcohol wipes that are available in the Needle Exchange packs



- Don't lick the needle before you inject. You can carry a lot of bacteria in your mouth that can cause infections under your skin
- Choose good veins. Drinking the daily recommended quantity of water helps keep veins supple
- Slow down. Relax. Take a deep breath to help keep your hand steady so you don't miss
- Avoid shooting into your hands and feet. Never inject into your neck

### **Reality check: Talk is CHEAP...**

- Everyone's body is different
- You can't always find a vein when you want one
- If you are digging around for veins, you risk hitting arteries and nerves

Injecting is risky and you are welcoming problems every time you inject.

Learning to take care of yourself takes time and thought.

Talk to staff at the nearest service to you. We're here to help! The points of contact are:

**Turning Point: 329 - 333 High Street, Slough**

**Turning Point: Grove Road, Maidenhead**

**New Hope: 92 Broadway, Bracknell**

**Finally, visit your GP or the services above for a Blood Borne Virus check up.**