

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 1

Injecting



Berkshire East 
Primary Care Trust

Injecting drugs exposes you to all sorts of potential hazards. If you're going to inject, here are some essential rules:

SAFER INJECTING

We recommend you don't inject drugs, either into a muscle (intramuscularly) or the fastest acting way, into a vein (intravenously). Injecting throws up a whole load of new risks for drug use: viral infection, blood poisoning, overdose and a greater chance of becoming addicted.

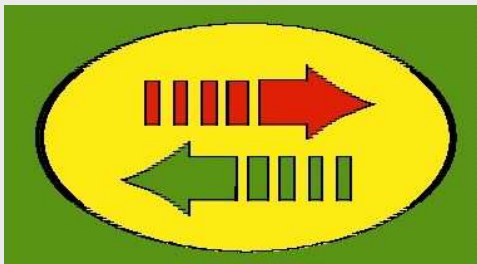
But if you do choose to inject, it's important to do it as safely and as accurately as possible.

Safety Rules

Never share needles or syringes

Used needles (also known as "fits" or "works") are how dangerous blood borne viruses, like HIV and Hepatitis, are spread. Don't let any part of your works to come into contact with anyone else's. And don't use anyone else's either. Use a needle **ONCE** per hit.

Use your local Needle Exchange Programme participant to get rid of your needles safely and to get free sterile equipment (see back of leaflet) or look out for this sign:



Clean everything else

Wash everything: the surface where you will prepare your hit, your arm (or wherever you will inject) and your hands thoroughly with soapy detergent water. Alcohol swabs work well for this purpose but be sure to wipe only in one direction and not in a circular motion which will cause the dirt and germs to stay on your skin.

Clean up afterwards

Get rid of any water you've used straightaway. Wipe down all surfaces and any traces of blood. Wash and disinfect everything you have used including your hands.

Be safe

Dispose of any works carefully and safely. Do not leave them lying around. Do not throw them away in a bin liner or dump them on the street. Use your sharps bin in the Needle Exchange pack and return to the Needle Exchange Programme provider.

Health warnings

If you inject, drug purity is paramount. The making of illegal drugs is not an exact science, especially when it's in the hands of a dealer out to make money. Drugs are often cut with all kinds of common products to make them go further: glucose powder, flour, talcum powder - even chalk! Injecting this stuff under your skin can cause abscesses and blood poisoning.

Overdosing is most common amongst injecting users of heroin and cocaine. Mixing the two ("speedballs") is especially dangerous. Never mix heroin with any other drugs.

Different batches can have different strengths and overwhelm regular users. If you are buying from a new source, always try a little bit first to check the strength.

Heroin overdoses are not automatically fatal, if medical help can be found in time. Never use heroin when you are alone, particularly behind a locked door. If suspect that someone has overdosed, call an ambulance immediately by dialling 999. Please note that in Berkshire, police only arrive on site if there is an imminent danger to ambulance staff.

Blood awareness

Hepatitis and HIV are spread by blood-to-blood contact. A used syringe is the obvious way of spreading infections but blood can get on fingers, surfaces and skin. It can easily be invisible to the naked eye and find its way into cuts and scratches on the skin. Be blood aware. Concentrate before, during and after the whole injecting process.

