

# HARM REDUCTION SUPPLY REFERENCE SHEET FOR PRE-PACKAGED SUPPLIES

The following is a suggested guide for what to include in pre-packaged kits for safer sex, injection, inhalation, and fentanyl test strip kits. Adjustments can be made locally to meet need and reduce waste.

## Safer Inhalation Up to 2 pipes, per day, per person

### Stems/Straight Pipe

- 2 pieces of vinyl tubing (6" length)
- 1 glass pipe
- 1 brass screen envelope
- 2 6" push sticks

### Foil

- 2 pieces of vinyl tubing, 6" length
- Up to 10 foils



### Bowl/Bubble Pipe

- 2 pieces of vinyl tubing, 6" length
- 1 glass pipe
- 2 6" push stick

### Safer Sex

- 10 condoms
- 10 lubricant packets

#### Optional:

- Flavoured condoms

### Fentanyl Test Strips

- 5 fentanyl test strips with labels affixed
- 1 fentanyl test strip brochure

### Safer Injection

- 10 syringes (1cc)
- 10 sterile water vials (3ml)
- 10 disposable cookers
- 10 alcohol wipes
- 1 tourniquet
- 1 sharps container (1L or black)

#### Optional:

- Vit C packets
- ½ CC syringes

## TIPS:

- Always aim to have bulk supplies available for folks to customize packing of supplies and reduce waste from pre-packaged supplies.
- Consider using color-coded stickers on bags to improve efficiency and make identification easier and more anonymous.
- If providing two pipes, place extra pipe in the prepackaged bag rather than using two separate bags to reduce waste.

# Safer Inhalation Supplies

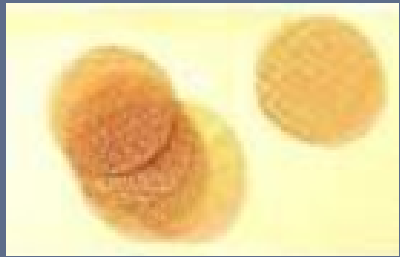


Glass stem (straight pipe) causes less harm than metal or plastic. Glass stems are considered 'core supply' for safer smoking along with mouthpieces, push sticks and screens.

Bowl pipes are heat and shatter resistant. Pipes are less likely to break down when heated and prevent burns. Mouth pieces should always be provided with pipes to help prevent cuts, burns, HIV, Hep C, infections and other harms.



Screens are used in place of steel wool/brillo as a filter when smoking crack. The screen holds the crack rock at the end of the pipe. Brillo/steel wool emits toxins and can slip out of place causing it to be inhaled. Screens fit tightly in the pipe and emit fewer toxins.



Vinyl tubing is used as a mouth piece to reduce risk of dry, split lips, and transmission of heat burns to the lip that can result in germ exposures. It can also be removed which can reduce risk of transmission of BBI or other germs if sharing equipment occurs.



Wooden push stick cause less harm than over metal or plastic to reduce scratching to the inside of the pipe, this can cause the pipe to weaken and break.

Foil is used to smoke opioids by heating them to produce vapours. Store-bought foil has a harmful coating when burned, while harm reduction foil is uncoated and thicker to prevent disintegration and overheating while consuming the drug.



Alcohol swabs can be used to clean hands and mouthpiece to keep clean and reduce risk of infections.



# Safer Injection Supplies



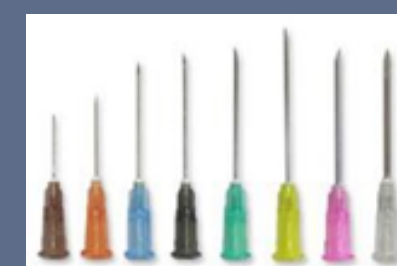
Use of individual sterile water packets reduces the risk of sharing water or using unsafe water sources. Used or shared water can carry HIV, Hepatitis C, and other infectious agents.

Alcohol swabs to clean hands, injection sites, mouthpieces, and surfaces for snorting off.



'28 1/2 (point) gauge needle aka insulin needles are the most commonly used needles for intravenous injection. Sites should have both 1cc & 0.5cc available (the 1cc is most requested).

Points/needle tips are the individual needles, which come in a variety of sizes from 18 gauge (largest) to 27 gauge (smallest). They are screwed onto 3 cc or 5 cc barrels. These larger barrels and needles are used for a variety of reasons, including intravenous (26-27 gauge), and hormones or steroids (18-25 gauge)



Cookers are used to mix and/or heat drugs and are single use only. They replace the need for using spoons; which unless cleaned properly can be a mode of transmission for HIV, HCV or other infections. Contained in the package are also one, sterile cotton filter, and one absorptive pad for after injection. Cotton filters help filter the drug. One sterile filter is found in each of the cooker containers.

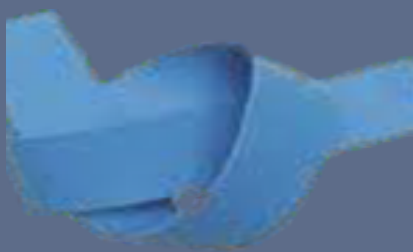


Sterifilt fast filters are intended for injecting tablet medications more safely. Tablet medications contain fillers (e.g. coatings and powders) that can cause harm when injected, such as serious infections, abscesses and damage to the veins, skin, heart, and lungs. These risks can be reduced by using harm reduction supplies, including filters. Sterifilt FAST (15mm filter) have very small holes that help to remove most fillers and prevents them from being injected.



Vitamin C also known as Citric Acid or Ascorbic Acid is used to dissolve crack or brown/black tar heroin for injection use. The smallest amount of Vitamin C is needed. Any leftover Vitamin C should be disposed of to reduce risk of contamination. Using vinegar or lemon juice can burn the veins and both liquids may carry bacteria that can lead to infections.

Tourniquets, or ties, help to bring the veins up, making them easier to find. Soaking the injection site veins in warm water or applying a warm compress also helps. It is important to teach that the tie must be removed before the injection, not afterward.



Sharps containers are the preferred disposal method. Teaching and encouraging clients to use proper containers verses discarding sharps into the garbage or on the ground, helps reduce the risk of needle injuries to others. Sharps containers come in 2 sizes: small (1 litre -which holds approximately 100 needles), and an individual black container, which holds both used and unused supplies.

## Safer Sex Supplies



Lubricated condoms act as an external barrier, providing protection from pregnancy and sexually transmitted infections.

Flavoured condoms are recommended only for oral use, as there is a risk of yeast infection or irritation when used for penetrative sex.



Non-lubricated condoms can be used for oral sex, or you can add your own water or silicone based lubricant for penetrative sex.

Internal condoms are inserted into the vagina. It can also be used for anal sex by removing internal ring and placing it over the penis. It can be worn 6 – 8 hours prior to sex and is made of non-latex material (nitrile). Compatible with all types of lubricant.

