

Emergency Response

for Opioid Overdose ...using nasal naloxone



1) Try to wake the person up

- Shake them and shout.
- If no response, grind your knuckles into their breast bone for 5 to 10 seconds.



Someone has overdosed.

Someone isn't breathing.

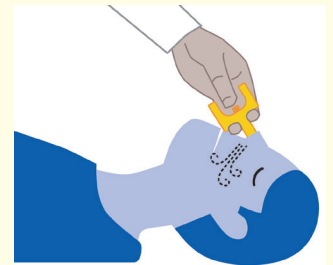


2) Call 9-1-1

If you report an overdose, New York State law protects you and the overdosed person from being charged with drug possession, even if drugs were shared.

3) Administer nasal naloxone

- Hold sprayer between thumb and two fingers.
- **DO NOT TEST SPRAY!** Spray entire dose into nostril.
- Repeat after 2 to 3 minutes if still not conscious.



4) Check for breathing

Give CPR if you have been trained, or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.
- Continue until help arrives.



5) Stay with the person

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.

To get help:

New York State Office of Alcoholism and Substance Abuse Services (OASAS)
(877) 8-HOPE-NY, or (877) 846-7369 www.oasas.ny.gov

To get a replacement kit: Directory of programs www.health.ny.gov/overdose

For more information: Harm Reduction Coalition harmreduction.org/overdose



Department
of Health



Report Naloxone Use



Reversing an Overdose

When you use naloxone (Narcan®) to reverse an overdose, please call our nurses to file an anonymous report at: (607) 762-2622. Our nurses will help you get a naloxone (Narcan®) refill. Your reporting supports our programming.

Naloxone Refill

If you need a naloxone (Narcan®) refill, you can come to:

10 Mitchell Avenue, 2nd Floor, Binghamton, NY

Monday through Friday 9am – 11am or

Monday, Tuesday, Thursday and Friday 1pm – 3pm

No appointment is necessary.

Getting Naloxone (Narcan®) at Your Local Pharmacy

If you have a health insurance plan with prescription drug coverage, you can get naloxone (Narcan®) from a pharmacy using your health insurance. You can use the Naloxone Co-payment Assistance Program (N-CAP) to reduce your co-payment for naloxone (Narcan®) by up to \$40.

See the attached pharmacy list for participating Broome County pharmacies.

Pharmacy List



Pharmacies in Broome County Stocking and Dispensing Naloxone with a Standing Order

Confirmed as of 11/15/19

CVS Pharmacy

1276 Upper Front St. Binghamton, NY 13901

Phone (607) 722-0354

Hours: Open 24 Hours 7 Days/Week

Stocks: Narcan Nasal Spray

CVS Pharmacy

50 Pennsylvania Ave. Binghamton, NY 13903

Phone (607) 772-0124

Hours: M-F 9am to 9pm; Sat & Sun 9am-6pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

163 Robinson St. Binghamton NY 13904

Phone (607) 722-4999

Hours: M-F 8am to 9pm; Sat & Sun 9am to 8pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

249-253 ½ Main St Binghamton, NY 13905

Phone (607) 729-5090

Hours: M-F 9am to 9pm; Sat & Sun 10am to 6pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

34 West State St. Binghamton, NY 13901

Phone (607) 722-1779

Hours: M-F 9am to 9pm; Sat & Sun 10am to 5pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

34-38 Court St. Binghamton, NY 13901

Phone (607) 722-2353

Hours: M-F 9am to 9pm; Sat & Sun 10am to 5pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

1010 Union Center Maine Highway

Phone (607) 757-0463

Endicott, NY 13760

Hours: M-F 9am to 9pm; Sat & Sun 9am to 6pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

1103 North St. Endicott, NY 13760

Phone (607) 748-0302

Hours: M-F 8am to 9pm; Sat & Sun 9am to 9pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

800 Hooper Rd. Suite 500 Endwell, NY 13760

Phone (607) 757-2618

Hours: M-F 9am to 9pm; Sat & Sun 10am to 6pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

37 Riverside Dr. Johnson City, NY 13790

Phone (607) 797-1202

Hours: M-F 9am to 9pm; Sat 10am to 6pm;

Sun 10am to 5pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

245-269 Harry L. Drive Johnson City, NY 13790

Phone (607) 729-3414

Hours: M-F 9am to 9pm; Sat & Sun 10am to 5pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

345 Main St. Johnson City, NY 13790

Phone (607) 729-7657

Hours: M-F 9am to 9pm; Sat & Sun 10am to 5pm

Stocks: Narcan Nasal Spray

CVS Pharmacy

138 Vestal Parkway West Vestal, NY 13850

Phone (607) 748-3552

Hours: M-F 8:30am to 9pm; Sat 8:30am to 6pm;

Sun 9am to 6pm

Stocks: Narcan Nasal Spray

CVS Pharmacy (Located in Target)

3112 Vestal Parkway East Vestal, NY 13850

Phone (607) 729-6204

Hours: M-F 9am to 7pm; Sat 9am to 5pm;

Sun 11am to 5pm

Stocks: Narcan Nasal Spray

Price Chopper Pharmacy

10 Glenwood Ave. Binghamton, NY 13905

Phone (607) 770-1108

Hours: M-F 8am to 8pm; Sat 9am to 5pm;

Sun 9am to 3pm.

Closes daily for break 1:30pm to 2pm.

Stocks: Narcan Nasal Spray

Price Chopper Pharmacy

911 North St. Endicott, NY 13760

Phone (607) 748-8270

Hours: M-F 8am to 8pm; Sat 9am to 5pm;

Sun 9am to 3 pm.

Closes daily for break 1:30pm to 2pm.

Stocks: Narcan Nasal Spray

Price Chopper Pharmacy

33 Chenango Bridge Rd. Binghamton, NY 13901

Phone (607) 235-7243

Hours: M-F 8am to 8pm; Sat 9am to 5pm;

Sun 9am to 3 pm.

Closes daily for break 1:30pm to 2pm.

Stocks: Narcan Nasal Spray

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Pharmacy List



Rite Aid Pharmacy

201 Conklin Ave. Binghamton, NY 13903 Phone (607) 772-0624
Hours: M-F 9am to 9pm; Sat 9am to 6pm; Sun 10am to 6pm.
Stocks: Narcan Nasal Spray

Rite Aid Pharmacy

511 Hooper Rd. Endwell, NY 13760 Phone (607) 754-6880
Hours: M-F 8:30am to 9pm; Sat 9am to 6pm;
Sun 10am to 6pm.
Stocks: Narcan Nasal Spray

Rite Aid (Walgreens Pharmacy)

2642 Main St. Whitney Point, NY 13862 Phone (607) 692-3800
Hours: M-F 9am to 7pm; Sat 9am to 4pm;
Closed Sundays.
Stocks: Narcan Nasal Spray

Sam's Club Pharmacy

2441 Vestal Parkway East Vestal, NY 13850 Phone (607) 797-1370
Hours: M-F 9am to 7pm; Sat 9am to 6pm;
Closed Sundays.
Closes Daily for break 1:30pm to 2pm.
Stocks: Narcan Nasal Spray

The Medicine Shoppe

1179 Vestal Ave. Suite 1 Binghamton, NY 13903 Phone (607) 723-7584
Hours: M-Th 8:30am to 7pm; Friday 8:30am to 6pm;
Sat 9am to 2pm; Closed Sundays
Stocks: Narcan Nasal Spray

UHS Pharmacy

52 Harrison St. Johnson City, NY 13790 Phone (607) 763-6775
Hours: M-F 7am to 7pm. Closed Sat & Sun
Stocks: Narcan Nasal Spray

UHS Pharmacy

1302 E. Main St Endicott, NY 13760 Phone (607) 754-2474
Hours: M-F 8:30am to 5pm. Closed Sat & Sun
Stocks: Narcan Nasal Spray

UHS Pharmacy

4417 Vestal Parkway East Vestal, NY 13850 Phone (607) 770-7358
Hours: M-F 8am to 8pm; Sat & Sun 8am to 4:30pm
Stocks: Narcan Nasal Spray

UHS Pharmacy

33 Mitchell Ave. Suite 108 Binghamton, NY 13903 Phone (607) 352-5950
Hours: M-F 7am to 7pm; Sat & Sun 7am to 3:30pm
Stocks: Narcan Nasal Spray

Walgreens Pharmacy

1250 Upper Front St. Binghamton, NY 13901 Phone (607) 723-8291
Hours: M-F 9am to 9pm; Sat 9am to 6pm;
Sun 10am to 6pm.
Stocks: Narcan Nasal Spray

Walgreens Pharmacy

85 Robinson St. Binghamton, NY 13901 Phone (607) 722-4221
Hours: M-F 8am to 9pm. Sat & Sun 9am to 6pm.
Stocks: Narcan Nasal Spray

Walgreens Pharmacy

100 East Main St. Endicott, NY 13760 Phone (607) 754-4594
Hours: M-F 9am to 9pm; Sat & Sun 10am to 6pm.
Stocks: Narcan Nasal Spray

Walgreens Pharmacy

37 Pennsylvania Ave. Binghamton, NY 13903 Phone (607) 722-2106
Hours: M-F 9am to 9pm. Sat & Sun 10am to 6pm.
Stocks: Narcan Nasal Spray

Walgreens Pharmacy

335 Main St. Johnson City, NY 13790 Phone (607) 777-9801
Hours: M-F 9am to 8pm; Sat 9am to 6pm;
Sun 10am to 6pm.
Stocks: Narcan Nasal Spray

Walmart Pharmacy

2 Gannett Dr. Johnson City, NY 13790 Phone (607) 644-1069
Hours: Mon.-Sat 9am to 7pm; Sunday 10am to 4pm.
Closes daily for break 1:25 pm to 2 pm.
Stocks: Narcan Nasal Spray

Walmart Pharmacy

2405 Vestal Parkway East Vestal, NY 13850 Phone (607) 798-1544
Hours: M-F 9am to 9pm; Sat 9am to 7pm;
Sun 10am to 6pm.
Closed for break Sat and Sun from 1:30pm to 2pm.
Stocks: Narcan Nasal Spray

Wegmans Pharmacy

650 Harry L Drive Johnson City, NY 13790 Phone (607) 729-7227
Hours: M-F 8:30am to 9pm; Sat & Sun 8:30am to 6pm
Stocks: Narcan Nasal Spray



New York State's 911 Good Samaritan Law Protects YOU

The New York State 911 Good Samaritan Law allows people to call 911 without fear of arrest if they are having a drug or alcohol overdose that requires emergency medical care or if they witness someone overdosing.

The following are signs of an overdose. CALL 911 if the person:

- Is passed out and cannot be woken up;
- Is not breathing, breathing very slowly, or making gurgling sounds;
- Has lips that are blue or grayish color.

Why should you care about the 911 Good Samaritan Law?

- The law empowers YOU to save a person's life.
- The law encourages anyone to call 911 when they see or experience a drug or alcohol overdose.

Who is protected by the 911 Good Samaritan Law?

- Everyone — regardless of age — who seeks medical help for themselves or someone else during an overdose.
- The person who has overdosed.

The law DOES NOT protect YOU from the following:

- A1 felony possession of a controlled substance (8 ounces or more);
- Sale or intent to sell controlled substances;
- Open warrants for your arrest; and
- Violation of probation or parole.

The law DOES protect YOU from the following:

- Possessing controlled substances up to and including A2 felony offenses (anything under 8 ounces);
- Possessing alcohol, where underage drinking is involved;
- Possessing marijuana (any quantity);
- Possessing drug paraphernalia; and
- Sharing drugs

What if I am accused of selling drugs?

- Calling 911 can be used in your defense when the charge is less than an A2 felony — as long as you don't have a prior conviction for an A1, A2, or B drug felony sales or attempted sales offense.
- Calling 911 can be a factor in reducing the length of a prison sentence for A1 and A2 felony convictions.

What if I am under the age of 21 years, will this law protect me?

Yes. Nothing should stop YOU from calling 911 in a life-or-death situation.

ALWAYS USE
NEW
WORKS



IF **BLOOD** HAS TOUCHED IT

HEP C
COULD BE **ON IT**

STAY FREE OF HEP C
ALWAYS USE NEW

Syringes • Cookers • Needles
Cotton • Water • Pipes
Filters • Tie Offs • Surfaces



For info about Hep C and
where to get new works:
health.ny.gov/HepatitisC



PREVENTION POINT

Syringe Exchange Program

The Syringe Exchange Program (SEP) provides anonymous syringe access and comprehensive risk reduction services to individuals who currently inject substances. If you are currently injecting drugs, steroids, or hormones and would like more information about free injection supplies (syringes, alcohol pads, sterile water, cottons, etc.), please stop into one of our fixed exchange sites (located in Johnson City, Norwich and Ithaca).

Opioid Overdose

- New York ranked 19th in the nation for overdose death rates in 2014.
- 91 Americans die every day from an opioid overdose.
- Naloxone (Narcan®) can reverse an opioid overdose and save a life.
- Training is FREE and takes 20 minutes!!

Hepatitis C (HCV)

- Starting in 2011, HCV has killed more people in the US than HIV every year.
- In 2014, 68% of those who tested HCV-positive had reported injection drug use.
- 70-80% of people don't show any symptoms of the virus.
- Testing is FREE and takes 20 minutes!!

Participants have access to FREE:

- Clean syringes and works
- Safer injection education
- Special arrangements for syringe delivery
- Overdose Prevention Training (Narcan®)
- Peer Delivered Syringe Exchange
- Hygiene supplies

We can connect you with:

- HCV, HIV, and STD testing
- Substance Use Counseling
- Case Management
- Medical Care
- Other Support Services

FOR PICK UP OF DISCARDED SYRINGES IN COMMUNITY, OR FOR SPECIAL ARRANGEMENTS, PLEASE CALL (607) 237-0497.

Broome County: 277 Main Street, Johnson City, NY 13790 (607) 237-0497

Tompkins County: 314 W. State Street, Ithaca, NY 14850 (607) 272-4098

Monday & Friday 11am–5pm; Tuesday & Thursday 1pm–5pm

Chenango County: 19 Eaton Street, Norwich, NY 13815 (607) 759-6746

Tuesdays 10:30am–3:00pm



Addiction Medicine

*Individualized, evidence-based,
patient-centered care*

UHS Addiction Medicine

10-42 Mitchell Avenue
Binghamton, New York 13903

(607) 762-2901

nyuhs.org/care-treatment/addiction-medicine



UHS Wilson Medical Center
UHS Binghamton General Hospital
UHS Physician Practices

UHS Chenango Memorial Hospital
UHS Delaware Valley Hospital
UHS Senior Living at Ideal

UHS Medical Group
UHS Home Care
UHS Foundation

*UHS/LS/PS/11/18/5C

nyuhs.org



Welcome!

UHS Addiction Medicine, located in the heart of Broome County, offers expert, evidence-based treatment for people with substance use disorders. Our highly credentialed staff includes Addiction Medicine physicians, nurses, Credentialed Alcohol and Substance Abuse Counselors, and licensed social workers. We have the most robust continuum of care in the Southern Tier and are proud to be the region's largest provider of medication-assisted treatment. We have been providing Addiction Medicine services in the Southern Tier for over 50 years. As part of a larger academic medical center, we spread and share knowledge by training providers, residents, medical students, and counseling and social work interns. We serve our patients with an unconditional, positive regard.



Assessment services

We are here to help you. Our team of licensed social workers and Credentialed Alcoholism and Substance Abuse Counselors meets with patients to determine if they have substance use disorders. Individuals who meet criteria for one or more substance use disorder are referred to an appropriate level of care (i.e. inpatient services, outpatient programming, or medication-assisted treatment). We also perform adolescent, co-occurring disorder (mental health and substance use), and DWI assessments.

How can I get help?

We are pleased to offer open access for substance use disorder assessments at our 10 Mitchell Avenue, Binghamton location. You can drop in anytime between the hours of 9:00-11:00am Monday through Friday, and 1:00-3:00pm, Monday, Tuesday, Thursday, and Friday. No appointment is necessary but we do ask that you call (607) 762-2901 to pre-register, or if you have questions about open access times. Please bring a picture ID and insurance card.

New Horizons outpatient program

We are pleased to offer a variety of outpatient services including outpatient groups, a Suboxone® (buprenorphine/naloxone) program, and both criminal justice and family programming. We use evidence-based counseling to teach recovery skills to patients with substance use disorders in a compassionate and non-judgmental environment. We offer treatment of varying intensity depending on your need. We address multiple use disorders including alcohol, opioid, stimulant, sedative hypnotic (benzodiazepine), hallucinogen, inhalant, and *Cannabis*. We are proud to serve over 1000 patients a year.

Our groups

We offer group-based treatment, from one to twelve hours per week, depending on your need. Our credentialed counselors developed a series of groups including intensive outpatient programming for patients with recent or active substance use, a Suboxone® (buprenorphine/naloxone) Aftercare Group to address issues unique to medication-assisted treatment, and a Co-Occurring Disorders Group for patients with both mental health diagnoses and substance use disorders. Patients are linked with an individual and group counselor who work as a team to provide psychosocial counseling and case management services for the duration of treatment.



Suboxone® (buprenorphine/naloxone) Program

Patients with opioid use disorder receive Suboxone® (buprenorphine/naloxone) from our prescribers and individual and/or group counseling from our licensed social workers or Credentialed Alcoholism and Substance Abuse Counselors. As clinically indicated, we accept patients from the UHS Medication-Assisted Treatment Program (methadone clinic), both UHS inpatient addiction treatment programs, the UHS outpatient addiction treatment program, and outside referrals.

Criminal justice programming

We are pleased to offer criminal justice programming. We have several outpatient groups designed for patients with substance use disorders who are involved in the criminal justice system. We also provide substance use disorder assessments and weekly gender-specific substance use disorder treatment groups for inmates in the Broome County Jail who are referred to us by the criminal justice system. Our goal is to decrease recidivism among the patients we serve.

Family program

Our family program is free and open to anyone interested in learning about addiction. It consists of two parts, family education and individual consultation. Participants gain knowledge about the disease of addiction and strategies for coping with its wide-ranging impact. As needed, participants are also connected to resources in the community. The program meets Tuesdays from 6:00-7:00 PM and is held on the 2nd Floor of 10 Mitchell Avenue in Binghamton. Participants may join at any time.

Opiod treatment program

Medication for addiction treatment

The UHS Medication-Assisted Treatment (MAT) Program offers medication and counseling to patients 18 years and older with opioid use disorder. We provide methadone or Suboxone® (buprenorphine/naloxone), individual and group counseling, and case management services such as assistance finding housing, transportation, child care, and employment.

Our model: Hub and Spoke

UHS uses the Hub and Spoke model for treating opioid use disorder. Our opioid treatment program is the Hub, where we treat opioid use disorder complicated by other use disorders and/or medical and/or mental health problems. Per federal regulations, patients on methadone must stay at the Hub for treatment. Patients on Suboxone® (buprenorphine/naloxone), however, may be transferred to their primary care providers (the Spokes) for medication management once they are stable. Conversely, the Spokes can refer patients on Suboxone® (buprenorphine/naloxone) to the Hub for stabilization. This model allows us to enhance access to medication and treatment while effectively using our clinical team's expertise.

Special programs

We are pleased to offer programming for pregnant patients with opioid use disorder, a women's health clinic, and screening and treatment for hepatitis C. All of these programs are held in the methadone clinic during dosing hours.

Our groups

We are excited to offer a variety of groups to help you with your recovery. We have groups for patients interested in processing grief and loss, building healthy relationships, managing issues in early recovery, strengthening relapse prevention skills, understanding medication-assisted treatment, coping with trauma, and exploring 12-step programming. We offer specialized groups for pregnant and postpartum patients. Both men's and women's groups are available.

Inpatient treatment programs

New Horizons Inpatient Program at UHS Binghamton General Hospital and the Addiction Treatment Program at UHS Delaware Valley Hospital

We are here to help you. Our well-trained teams use a holistic approach for treating substance use disorders in our 20-bed inpatient unit in Binghamton General Hospital and our 10-bed inpatient unit in Delaware Valley Hospital. When patients arrive, our physicians or nurse practitioners perform an admission history and physical and, as appropriate, manage medical problems and continue home medications. Where indicated, we treat alcohol and opioid



withdrawal and start patients with opioid use disorder on Suboxone® (buprenorphine/naloxone).

Individual and group counseling, structured activities, and educational sessions form the backbone of the inpatient experience. An individualized treatment plan, created by you and your counselor, addresses potential challenges that lie ahead. Patients are discharged with linkage to resources needed to maintain sobriety including housing, medical and psychiatric care, and further substance use disorder treatment. Upon successful inpatient discharge, patients prescribed Suboxone® (buprenorphine/naloxone) may be admitted to our methadone clinic or our Suboxone® (buprenorphine/naloxone) program, or may be referred to an outside provider for ongoing medication management.

About our programs

Both of our inpatient programs are variable length of stay programs, with most patients averaging 14 days in treatment. However, additional treatment time may be approved based on your individual needs. We accept most forms of insurance, including Medicaid and Medicare. Please note that prior authorization for inpatient services may be required. If you have questions regarding insurance coverage, please contact our assessment team at (607) 762-2901.

The inpatient experience

Our programs offer both individual and group counseling. Patients learn about the disease of addiction, relapse prevention, and how to restructure their lives around positive patterns and activities.

Patients can expect a full day of programming centered around education, activities, and groups. Patients have ample opportunity for self-reflection and physical activity. Meals are selected from a menu.

Your health and life matter.

BUILD A SAFETY PLAN

Anyone who uses drugs can overdose.
These tips can help you build a safety
plan that works for you.

Know the facts.

Fentanyl is in the drug supply.

- Fentanyl is 50-100 times stronger than heroin.
- A small amount of fentanyl can cause an overdose.
- Fentanyl is mixed into heroin and can be added to other drugs such as pills, cocaine, and crystal meth.
- Naloxone DOES reverse the effects of fentanyl.



When a drug is used repeatedly over time, a larger dose of the drug is often needed to reach the same desired effect.

A drug-free period will lower your tolerance.

- Your tolerance can drop in 1-2 days if you stop using opioids for any reason, such as if you take a break for a few days, detox, are in the hospital or put in jail.
- Using the same amount of drug after taking a break puts you at higher risk for an overdose.

Mixing drugs, medications and alcohol increases the risk of overdose.

- Alcohol and benzos (such as: Xanax, Klonopin, Ativan, Valium) mixed with any opioid can be deadly.
- They can change how you think, so you may not remember or care how much you have used.

Carry naloxone (Narcan).

- Naloxone will reverse an opioid overdose. Have it out and ready to use if needed.
- Naloxone can be sprayed into the nose or injected.
- If you are out of naloxone, get a new kit. Go to your local syringe exchange program or find a drug store near you at: www.health.ny.gov/overdose
- Tell those you trust how to use naloxone.
- The 911 Good Samaritan Law protects people against being charged for drug possession if they call 911 or if someone calls 911 for them.

Find a buddy.

- Take turns using so someone is ready to give naloxone if needed.
- If you use alone, let someone you trust know where you are.
- Ask them to text, call or check-in on you 3-5 minutes after you use drugs to make sure you are ok.



Talk about it.

- An overdose can cause many feelings for the person who overdosed and those around them.
- You are not alone. Talking to someone can help you cope, and get the support you need.
- The National Suicide Prevention Lifeline is a network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. 1-800-273-TALK (8255) or text "GOT5" to 741741 to start a conversation.
- Many community programs can help you find services such as food, rides, and health care, etc.

Take notice.

- Pay attention to changes in your drugs such as a color, taste, and the way it cooks up/dissolves.
- Be extra careful if you change your dealer or have other changes in your source of drugs.
- Do a small test shot to check how strong your drug is. Go slow. Use less and pace yourself.
- Ask your local syringe exchange program (SEP) about how to test your drug to see if it has fentanyl in it.

Find a safe space.

- Find a place where you feel safe and can take your time to prepare your drugs.
- Choose a place that has clean water and is well lit.
- Use in a space where you can be reached if you need help.
- Avoid leaning against or locking the door.

Take care.

- Clean the injection site.
- Always use your own works. Do not share them with others. Sharing works can spread hepatitis C and HIV.
- Mark your gear so you know it's yours.

ThePoint

- Find a syringe exchange program (SEP) at www.thepointny.org. Take care of your veins. Use new syringes and works.
- If you reuse works, learn how to clean them with bleach.
- Place your syringes in a sharps container or hard plastic bottle that you can seal, and return to a SEP or go to www.thepointNY.org for other options.



Manage your use.

- Methadone, buprenorphine/Suboxone® can help manage cravings, and withdrawal.
- Buprenorphine or methadone make it less likely to overdose.
- Other self-care, such as counseling and support groups, can help too.

Use one drug at a time.

- If you do mix, use less of each drug than normal.
- Use the opioid first to better manage your high.
- If you try something new, go slow. Take a smaller amount to test the strength of your drug.



My safety plan.

I keep my naloxone kit:

My Tips (e.g., name of syringe exchange program (SEP) counselor, phone number, and other resources):

SEP hours:

Helpful resources.

Want to Stop or Reduce Your Drug Use?

Get Buprenorphine

www.health.ny.gov/diseases/aids/consumers/prevention/buprenorphine/

Get Methadone

www.oasas.ny.gov/AdMed/methadone/index.cfm

Find Other Drug Treatment

www.oasas.ny.gov/providerDirectory/

New York State Hopeline

1-877-846-7369 or text HOPENY (467369)

Get Naloxone

www.health.ny.gov/overdose

1-800-692-8528

Get New Syringes and Dispose of Used Ones

www.thepointNY.org

New York State HIV/AIDS Information Hotline

1-800-541-2437 English

1-800-233-7432 Español