

July-September 2011



# Syringe Access Chart



 THE SPACE AT TOMPKINS

Neighborhood	Phone	Organization	Address	Days & Hours						
				M	T	W	TH	F	SA	SU
Washington Heights	917.504.9931	Washington Heights CORNER Project	76 Wadsworth (@ 176th St.)	9a-5p	9a-6p	9a-5p	9a-6p	9a-5p		9a-3p
	917.504.9931	Washington Heights CORNER Project	Walkabout: Broadway from 178th St. to 181st St. and perimeter of George Washington Bridge Port Authority Bus Terminal	10a-11a	10a-11a	10a-11a	10a-11a	10a-11a		
	212.678.0427	Praxis Housing – SRO residents only	St. Nicholas Hotel: 889 St. Nicholas Ave.				530p-830p			
East Harlem	718.842.6050	New York Harm Reduction Educators	109th St. (bet. Lexington & 3rd Ave.)	930a-1130a		930a-1130a		5p-7p		
	718.842.6050	New York Harm Reduction Educators	Corner of 110th St. & Park Ave.		10a-2p					
Central Harlem	212.924.3733	FROST'D	123rd St. & Park Ave.		10a-330p					
	718.842.6050	New York Harm Reduction Educators	126th St. (bet. 2nd & 3rd Ave.)						9a-1p	
Upper West Side	718.292.7718	CitiWide Harm Reduction-SRO residents only	Riverside Hotel: 312 West 109th St.		4p-5p					
	718.292.7718	CitiWide Harm Reduction-SRO residents only	Marion Hotel: 2612 Broadway		515p-615p					
Midtown	212.465.8304	Positive Health Project	301 W. 37th St., 2nd fl.	12p-5p	12p-5p	12p-5p	12p-5p	12p-5p		
	212.465.8304	Positive Health Project -Transgender only	301 West 37th St., 3rd fl.	6p-730p			6p-730p			
	212.678.0427	Praxis Housing - SRO residents only	Barbour Hotel: 330 W. 36th St.			530p-830p				
West Village	212.226.6333	Lower East Side Harm Reduction Center	Washington St. (bet. Gansevoort and W. 13th St.)					7p-11p		
	347.473.7404	Housing Works-Clients only	320 West 13th St.	9a-3p	9a-3p	9a-5p	9a-3p	9a-3p	9a-3p	9a-3p
Lower East Side	212.226.6333	Lower East Side Harm Reduction Center	25 Allen St. (bet. Hester St. and Canal St.)	10a-8p	10a-8p	10a-8p	10a-8p	10a-8p	10a-5p	
	212.226.6333	Lower East Side Harm Reduction Center	Roving teams in the general areas of 14th St. to the north, Canal St. to the south, 2nd Ave/ Chrystie St. to the west, and FDR Drive to the east	5p-8p		11a-1p	10p-12a	5p-8p	11a-2p	
	646.602.6404	Safe Horizon – Up to age 24 only	33 Essex St.	2p-7p	2p-7p		2p-7p	2p-7p		
	646.602.6404	Safe Horizon – Up to age 24 only	Walkabout: East Village, St. Mark's Place, Tompkins Square Park, part of East River Park	8p-10p	8p-10p		8p-10p	8p-10p		
SoHo	347.473.7404	Housing Works – Clients only	130 Crosby St.	10a-3p	10a-3p	10a-3p	10a-3p	10a-3p	10a-3p	
East Village	347.473.7404	Housing Works – Clients only	743 East 9th St.	10a-3p	10a-3p	10a-3p	10a-3p	10a-3p	10a-3p	

We'd like your corrections, comments, or additions for our next update. Please call (917) 399-0299, or email info@thespaceattompkins.org. Up-to-the-minute charts available at www.thespaceattompkins.org

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# 6 TIPS FOR SAFER USE



## 1 PREVENT OVERDOSE

### • Use with someone else.

If you're alone and something goes wrong, no one can help.

### • Know your Tolerance

If you haven't used for awhile, you are more likely to overdose. Use less than usual.

### • Don't mix drugs.

Combining heroin or painkillers with benzos, alcohol, or cocaine, increases overdose risk.

## 2 DON'T SHARE

- Protect yourself and others. Don't share syringes or equipment.
- Use a new syringe, cooker, cotton, tie, and other supplies every time.
- Inject yourself. If someone helps you, make sure the person uses a new syringe.
- Throw away "rinse" or old cottons. Reusing them is dangerous.
- Never share a needle. If you have to reuse one, clean it with bleach and water.

## 3 USE NEW SYRINGES

### WHERE TO GET THEM:

- Get free syringes and equipment from a syringe exchange program (**see chart**).
- Buy them at a drug store (ask the pharmacist).

### HOW TO GET RID OF THEM:

- Put used syringes and equipment in "sharps" containers from your syringe exchange program. **You can get a "Fitpack" container from The Space.**
- Until you get a "sharps" container, put used syringes in a thick plastic container, such as a laundry soap bottle. Label it hazardous waste.
- Drop off used syringes at a hospital or clinic (they have to take them).

There is a container in the lobby of *Beth Israel Hospital on 10 Union Square East*

## 4 PREPARE DRUGS CAREFULLY

- Wash your hands with soap and water or hand wipes before you start.
- Make a clean "placemat" from a newspaper.
- Use fresh tap water or sterile water tubes (from your syringe exchange program).
- Draw up the water from a clean container.
- Use a new cooker every time. Don't touch the inside!
- Drop the cotton directly into the cooker. Don't touch it!
- Wipe the injection site with alcohol and allow the area to dry.
- Use a clean sterile syringe, even to split drugs.

## 5 TAKE CARE OF YOUR VEIN

- Shoot correctly to avoid infection and collapsed veins.
- Don't blunt your needle by poking a hole in your sterile water container.
- Warm your body (jump up and down) to show your veins.
- Find the vein before you try to inject. Tie off to make your veins visible.
- Don't "dig" for veins. If you don't "register," pull out and try again.
- Don't always inject in the same spot.
- Only "boot" once or twice in one shot.

## 6 TREAT OVERDOSE

### RECOGNIZE!

- **Overdose Symptoms: little or no breathing; lips turning blue.**

### ACT!

- **Call 911 and say "My friend is not breathing. It's a medical emergency."**

- **Do rescue breathing (mouth-to-mouth).**

Tilt head back, pinch nose, and give 1 breath every 5 seconds. Use the disposable mask in your OD rescue kit. Continue until the person is breathing.

- **Give Narcan (naloxone).**

Use the Narcan in your OD rescue kit. It works for up to 2 hours.

- Shoot injectable Narcan into the upper arm or thigh...OR...
- If you have sprayable Narcan, use half in one nostril, and half in the other.

- **Lay the person on his or her side. The recovery position prevents the person from choking.**

Get an OD rescue kit from your syringe exchange program.

Call 1-800 LifeNet or 311 for more information.