

PEER BASED EDUCATIONAL POSTCARDS

In March 1999 a set of postcards containing a unique graphic representational design dealing with eight specific issues with accompanying preventive and educational text were released. This material has been designed to specifically target those who are involved with the heroin using sub culture who otherwise would not be accessed by other educational strategies.

Strength and tolerance



Think about the things that may increase your chances of going over.

Like the strength of the heroin and your level of tolerance.

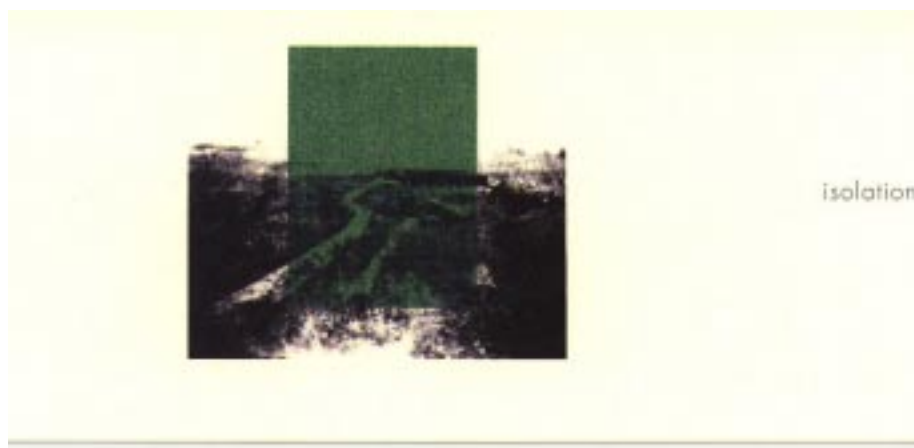
Have you had a break? Been in prison or on naltrexone?

Your tolerance is reduced within two days.

What other drugs are on board?

Alcohol and benzos make a huge contribution in heroin deaths.

Isolation



Using in an isolated place could mean going over for good.

Think about where you are and assess the risk.

Are there people around to get help? Is there a phone nearby?

Are you miles from the nearest hospital?

If you use in an isolated place, get public immediately.

Breathe



You could be a friend's only chance.

Tilt their head back, pinch their nose, with their mouth open place your mouth over theirs and blow into their mouth once every four seconds.

Make sure their chest rises and falls so you know that it's working.

Check for a pulse. Then call 000. Call an ambulance.

Slipping



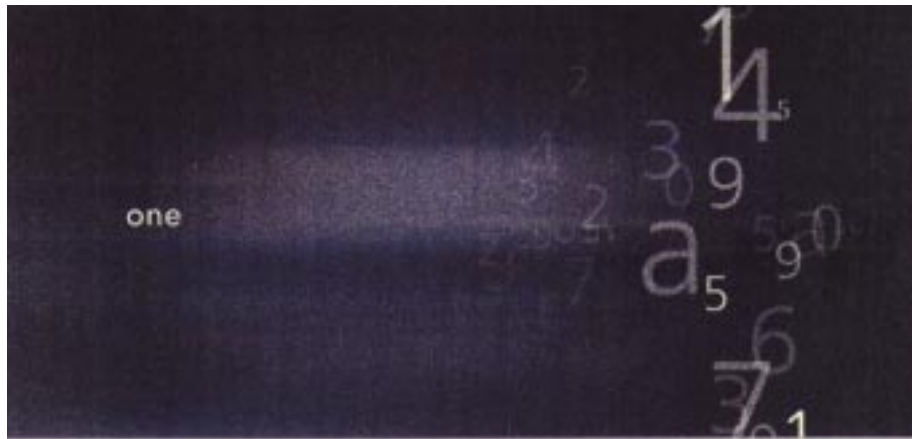
Check in with your friends, that long extended nod may mean they've dropped.
Very few people drop with the needle in their arm. Usually they slowly slip away.

Snoring or gurgling sounds are warnings that someone needs help.

Tilt their head back to open their windpipe and allow them to breath.

Blue lips and fingernails and/or the person failing to respond are danger signs.

One



Mixing drugs increases the risk of overdose.

Benzos and/or alcohol on top of heroin can be fatal.

Some drugs stay active in your body for days.

Think about what other drugs you have taken, how long they last for and their combined effects.

Alone



If you go over you'll need someone there to catch you.

Using alone drastically increases your chances of a fatal overdose.

If you use alone, get public immediately.

If other people are using at the same time, they may be too stoned to help.

Try to have one person stay off the nod to help if need be.

Narcan



It's not a one hit wonder
Someone given narcan may need help to breathe until it takes effect.
Narcan is a short acting drug.
The effects wear off in about 30 minutes and you could drop again.
Using more heroin after narcan can be fatal.

Call



If someone drops call an ambulance.
The best way to avoid legal hassles is to make sure the person stays alive.
The police don't attend ODs unless they are fatal, or unless the ambos are afraid for their safety.
When you phone 000 don't give the operator any grief. This way the police won't show.
