



*Centers of Excellence (COE) are a select group of high-performing hospitals throughout California collaborating to develop, refine, and share pioneering treatment solutions, training, and educational resources. We are sharing independent examples from COE hospitals. Please note, CA Bridge is not responsible for the content of any site examples, and we do not formally recommend them as best practices.*

The Community Health Project LA’s mission is to improve the health and well-being of people affected by drug use in Los Angeles, to increase access to health care, empower people to protect themselves, and educate each other to reduce harm in communities. This stimulant safety guide was written by people who use drugs for people who use drugs. This can be printed and given directly to patients who use stimulants to promote harm reduction interventions. Printing can be completed via [uprinting.com/brochure-printing.html](http://uprinting.com/brochure-printing.html), select “custom size” and choose 4.25”x11”, four panels.

<div style="background-color: black; color: white; padding: 10px;"> <p style="text-align: center;"><b>ALWAYS CARRY NALOXONE! (AKA NARCAN)</b></p> <p style="text-align: center;">To find the closest <b>FREE</b> naloxone in the USA please visit:</p> <p style="text-align: center; color: red;"><b>NEXTDISTRO.ORG/naloxone</b></p> <p style="text-align: center;">Free mail-based distro Map &amp; Links to local resources</p> </div>	<div style="background-color: red; color: black; padding: 10px;"> <p style="text-align: center;"><b>COME DOWN TIME</b></p> <ul style="list-style-type: none"> <li>•Gently clean and bandage any wounds or puncture sites</li> <li>•Rinse nostrils if snorting</li> <li>•Moisturize</li> <li>•Lip balm (in nose and on lips)</li> <li>•Stockpile water bottles and if in a tent, a container to pee in.</li> <li>•Clean and make bedding as ideal as possible, or locate a crash spot, so when you finally get tired, it’s waiting for you.</li> <li>•Puzzles/Cards/Movies/Madlibs <u>wtf ever to give your brain something to think about other than how much you and everything you’ve ever done, everyone you’ve ever met, and everywhere you’ve ever been SUCK.</u></li> </ul> </div>	<div style="background-color: red; color: black; padding: 10px;"> <p style="text-align: center;"><b>REMEMBER:</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <p style="text-align: center;"><b>Fentanyl may be found in any drug you use.</b></p> </div> <p>If someone stops breathing, they may have used contaminated drugs. When in doubt, use naloxone and rescue breathing: one breath every 5 seconds.</p> <ul style="list-style-type: none"> <li>•Never use alone.</li> <li>•Carry naloxone.</li> <li>•Always try a small amount before doing your full dose.</li> </ul> </div>	<div style="background-color: black; color: white; padding: 10px;"> <p style="text-align: center; font-size: 2em;"><b>Stimulant Safety Guide</b></p> <p style="text-align: center; color: white;">Quick tips to keep you safer and healthier when using stimulants, by people who use stimulants.</p> </div>
<div style="background-color: black; color: white; padding: 10px;"> <p style="text-align: center;"><b>SUGGESTIONS FOR SAFER USE OF:</b></p> <p style="text-align: center;"><b>METH</b></p> <p style="text-align: center;"><b>CRACK</b></p> <p style="text-align: center;"><b>COCAINE</b></p> <p style="text-align: center;"><b>PRESCRIPTION UPPERS</b></p> <p style="text-align: center;"><b>WHATEVER ELSE IS OUT THERE WINDING YOU UP</b></p> </div>	<div style="background-color: red; color: black; padding: 10px;"> <p style="text-align: center;"><b>AVOID SHARING EQUIPMENT</b></p> <div style="text-align: center; margin: 10px 0;"> </div> <p>Sharing pipes can lead to transmission of HIV, HCV, Herpes, and just about every respiratory virus known to humanity.</p> <ul style="list-style-type: none"> <li>• HCV can be found in micro blood particles on straws and pipes.</li> <li>•Staph, MRSA can be present in saliva and nasal fluid.</li> <li>•Sharing needles and injection equipment can lead to the transmission of HIV, Hep C, Hep B, and syphilis.</li> </ul> </div>	<div style="background-color: black; color: white; padding: 10px;"> <p style="text-align: center;"><b>UNDERSTANDING OVERAMPING</b> AKA “SPEED OD”</p> <p>“Overamping” is when your body is no longer having it. It’s caused by using too much or using when you’re mind/body are exhausted.</p> <p><u>Psychological symptoms include:</u></p> <ul style="list-style-type: none"> <li>•Extreme anxiety</li> <li>•Hallucinations</li> <li>•Heightened paranoia</li> <li>•Aggression</li> </ul> <p><u>Physical Symptoms include:</u></p> <ul style="list-style-type: none"> <li>•Nausea/vomiting</li> <li>•Excessive sweating</li> <li>•Chest pain/tightening</li> <li>•Passing out (but still breathing)</li> <li>•Stroke</li> <li>•Seizure</li> </ul> </div>	<div style="background-color: red; color: black; padding: 10px;"> <p style="text-align: center;"><b>CHECK YOURSELF BEFORE YOU WRECK YOURSELF</b></p> <ul style="list-style-type: none"> <li>•Get your heart, blood pressure, etc checked to reduce risk of heart attack.</li> <li>•Eat, sleep, and drink water as often as possible.</li> <li>•Electrolytes!</li> <li>•Put someone who is overamping on their side if safe/possible, in case of vomiting/drool.</li> <li>•Avoid using alone.</li> </ul> <div style="background-color: black; color: red; padding: 5px; margin-top: 10px; text-align: center;"> <p style="font-size: 0.8em;">If you or someone you know may be experiencing a life-threatening stroke, seizure, or heart attack, call 911</p> </div> </div>