

HARM REDUCTION DURING CHEMSEX

SUBSTANCE USE

- Look after the equipment
- Prefer straws over other tools (banknotes), keep them clean and change them often
- Keep intact glass pipes - consider using temperature proof mouthpieces
- Not sharing equipment is caring
- Avoid mixing substances
- Avoid driving, even if feeling alert

SLAMMING I

- Rapid, very intense highs BUT
- Can be harmful
- To avoid infection:
 - Sterilise equipment
 - Don't reuse equipment
 - Wash hands
 - Disinfect the area to be pierced with wipes

SLAMMING I

- Do not slam in arteries!
 - Deeper than veins
 - Blood, pain
- In case of an accident:
 - Remove the needle and apply pressure with sterile equipment.
 - If the bleeding does not stop in 5 min., get medical care immediately!

SLAMMING III

- Do not inject into the same site, if the vein can't be found immediately
- Do not inject into hands
- Do not inject under the waistline
- Dilute substances in boiled water that has cooled down
- If the skin looks damaged or is painful, seek medical help

**Content is shortened for Instagram
For full information, see**

**AIDS Action Europe, -
Harm reduction in the context of
chemsex: training manual**