

FIDGET CUBE / SPINNER

- Using methamphetamine can result in picking at skin. This can increase the risk of infections.
- Using a fidget spinner or holding something in your hand can help occupy restlessness



HAVE A BREAK

- Plan to have a break in your use
- Frequent use increases your risk of mental health and physical issues
- Try to make sure your use does not interfere with other commitments or obligations you may have
- Remember your tolerance will drop if you have a break so be careful with your dose when you use again



WATER

- Methamphetamine reduces the desire to drink water and can increase body temperature
- Keeping hydrated assists regulation of body temperature, blood pressure, fatigue and digestive issues
- Take frequent sips rather than drinking large quantities at a time



NUTRITION BAR

- Methamphetamine can decrease your appetite
- Good nutrition is vital to provide fuel to live, grow and repair your body
- Try to eat each day and try to eat healthily



SLEEP

- Methamphetamine impacts your ability to sleep
- Lack of sleep increases the risk of mental health issues and psychosis
- Plan time to sleep and rest in between using to reduce risk



SUPPORT CARDS

- Amongst people who use methamphetamine also experience:
 - Financial issues
 - Housing issues
 - Domestic violence
 - Legal issues
- Being able to contact support services may be helpful
- Have contact details or cards available for when you want to make a change



COME DOWN

- Some people use the come-down as a reason to use again.
- Common symptoms may include:
 - Depression
 - Anxiety
 - Feeling scattered
 - Feeling nervous / paranoid
 - Unmotivated
 - Poor sleep
- Managing these symptoms may reduce the risk of using again.



OVERDOSE

- Some people who use methamphetamine may experience psychosis, serotonin syndrome or cardiac issues.
- Having a contact or person to call may reduce risk for when things don't feel right
- Call 911 in an emergency



FIRST AID KIT

- Antibacterial hand wash
- Alcohol wipes
- Cotton wool
- Band-Aids
- Sterile dressing
- Sterile gloves
- Distilled water
- Electrolyte tablets
- Scissors

Providing a first aid kit allows issues with injecting or accidents while intoxicated to be addressed.



CONDOMS

- Methamphetamine can lower inhibitions and increase sexual desire
- This may result in more risky sexual behavior
- Carry condoms and lube to reduce risk



SAFE INJECTING

Use your own new equipment

- Needle
- Syringe
- Filter
- Water
- Spoons
- Sharps box
- Hand soap

Clean hands

Thoroughly using antibacterial wash or hand soap

A new kit for every hit

Never re-use or share equipment

Water

Sterile water for injections is best followed by boiled cooled tap water. Avoid using bottled water

Filters

Are your veins' friend. Use a filter if you can.

Blood Borne Viruses

Hep C is now treatable. Please discuss this and injecting with your Primary Care Provider

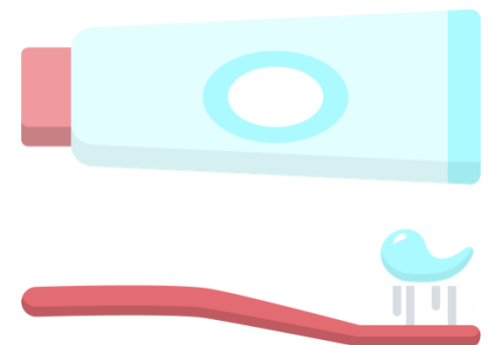
If you are injecting drugs:

- Green areas are safe
- Try to avoid yellow areas
- Red areas are dangerous



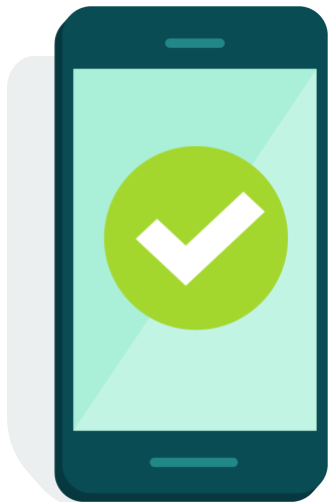
ORAL CARE

- Methamphetamine decreases saliva production
- Saliva is the body's defence against tooth decay
- Chewing sugar-free gum increases saliva production
- Cleaning and flossing teeth regularly reduces risk of decay



PHONE CHARGER / PHONE CARD

- It is generally safer to use with other people around you however this is not always possible
- Make sure you can call someone if things go wrong
- Make sure your phone is charged and has credit
- If you feel uncomfortable, paranoid or scared, call a friend
- In an emergency call 911



LIP BALM

- If you smoke any substance you risk drying and cracking your lips
- Sharing smokable utensils, joints, pipes, bongs etc. can cause infections
- Lip balm reduces the risk of cracked lips and infection



STICKY NOTES

- When snorting substances, using a straw once and throwing it away will reduce the risk of infections.
- Sticky notes can be rolled to make single use straws
- Sticky notes are also handy for writing messages and reminders as methamphetamine use can affect your memory and cognitive functioning for some time after use.

