

Getting out?




Stay safe

If you're thinking of using any
drugs or alcohol when you're
out read on...



Overdose




Overdose isn't just an issue for heroin users. You can go over on **stimulants** (eg. cocaine, crack, speed) or **alcohol** and **prescription drugs**. There are simple things you can do to reduce the risk of overdose:

-  you're far more likely to go over if you inject drugs
-  try not to use alone in case something goes wrong
-  an overdose rarely happens immediately; you can go over up to three hours after last use.

Tolerance

When you use drugs (like heroin or benzos) regularly, your body gets used to it. This is known as building up a **tolerance**. Any change or break in your drug use will affect this.




If you use drugs in prison you are probably using less often, and in smaller quantities than you were outside. When you're released:

-  **use less.** You won't know your tolerance level. A small amount could take you over
-  **don't inject.** If your tolerance is low, chasing will feel just as good
-  if you decide to inject, **test your hit** by using a little of the drug to try its strength and effects, before deciding to use the rest of the barrel.

Mixing

Most overdoses happen as a result of mixing drugs. **Mixing any drugs, especially with alcohol, is very risky.** If you take any drug (eg. heroin, alcohol, ecstasy, benzos or crack) then later in the day take another - this is still mixing.

The more you use, the bigger the risk of overdosing:






-  wait and check the effects of any drug you've taken before you take more
-  uppers can mask the effects of downers and wear off quicker. You may not realise when you've taken more downers than you need and so could go over
-  remember a 'dirty hit' is still a hit!

Blood borne viruses

Protect yourself against:

Hepatitis A, B and C & HIV

by:

-  not sharing **any** drug using equipment (including all injecting kit; needles, citric water, filters, cups etc and straws, tubes and crack pipes)
-  if you inject, collect a **free, clean, injecting kit** from your local needle exchange. Use every item once then dispose of it safely using a sharps bin. Ask your drugs worker for the address of your nearest needle exchange 
-  having **safer sex** by always using a condom or femidom
-  making sure you've had the hepatitis B jab (if you didn't get this inside - see your GP, GUM service or local drug team).

What to do if someone overdoses

If someone goes over:

- dial 999 for an ambulance. The police won't automatically be called
- make sure their airway is clear



- put them in the recovery position (see above).

Your DIP worker is:

DIP: 01362 852930 9am - 5pm
24/7 helpline: 0800 764754



Registered Charity No. 285256

NATIONAL PROBATION SERVICE
for England and Wales

Enhancement, rehabilitation and public protection



**TACKLING
DRUGS
CHANGING
LIVES**