

# Stay Healthy and Survive

New York State Syringe Access Programs



## **Stay Healthy and Survive!**

Injecting illegal drugs is not safe or good for your health. If you inject drugs, you are at risk for overdose, HIV, hepatitis B, hepatitis C and other serious infections. But, there are ways you can lower your risk for disease and protect others.

### **Protect Yourself When You Inject Drugs**

1. Always use a new, sterile syringe every time you shoot up.
2. Never share syringes.
3. Don't share works –cookers, cotton, spoons, bottle caps, or water. Very small amounts of blood left on works can spread HIV or hepatitis B or C, even when you can't see the blood. Sharing water or cotton can lead to serious illness and infections.
4. Clean your skin with soapy water or alcohol swabs before you inject.
5. Don't inject into the same spot over and over again. Rotate injection sites.
6. The order of the safest injection sites are as follows:  
Arms, hands, legs, feet (not groin or neck).
7. If you don't have a new, sterile syringe or if you buy one off the street, clean and bleach your syringe. Cleaning syringes and works can lower your chance of getting HIV and other infections.
8. Don't inject alone.

## **Cleaning Syringe with Bleach and Water**

If you are unable to obtain a new syringe, careful cleaning may reduce your risk of becoming infected with HIV and other blood-borne diseases.

1. Fill the syringe and rinse needle with clean water to remove all the blood. Squirt out water.
2. Fill with full strength bleach and shake; after 30 seconds, squirt it out through the needle.
3. Fill syringe and rinse needle with clean water to remove the bleach. Squirt out water.

Remember to use clean water and separate water containers for each of steps 1-3. Don't use hot water for cleaning as it can cause blood to clot and make it hard to clean.

## **Syringe Access Programs in New York State**

If you enroll in a Syringe Access Program you can:

- Trade in your used syringes for new ones.
- Get free condoms and dental dams.
- Get free bleach kits.
- Learn ways to inject drugs safely.
- Get counseling and support.
- Get an HIV test and hepatitis C screening or get referrals to places that can provide these and other services.
- Get referrals for hepatitis B testing and treatment.

## **New York City**

After Hours Project, Brooklyn	718-249-0755
AIDS Center of Queens County, Queens	718-896-2500
CitiWide Harm Reduction Program, Bronx, Manhattan	718-292-7718
Community Health Action of Staten Island, Staten Island	718-808-1368
Family Services Network of New York, Brooklyn	718-455-6010
Frosted @ Harlem United, Bronx, Brooklyn, Manhattan	212-924-3733
Housing Works (Open to Housing Works Clients Only) Adult Day Health Care Center, Manhattan	877-296-9264
Lower East Side Harm Reduction Center, Manhattan	212-226-6333
VOCAL-NY, Brooklyn	718-802-9540
New York Harm Reduction Educators, Bronx, Manhattan	718-842-6050
Positive Health Project, Manhattan	212-465-8304
Safe Horizon Street Work - Lower East Side (For youth under 25), Manhattan	646-602-6404
St. Ann's Corner of Harm Reduction, Bronx	718-585-5544
Washington Heights Corner Project, Manhattan	212-923-7600

## **Outside of New York City**

AIDS Care Center, Rochester	585-545-5556
AIDS Community Resources, Syracuse and surrounding counties	315-475-2430
Evergreen Health Services, Buffalo	716-847-0315
Catholic Charities AIDS Services, Albany and surrounding counties	518-449-3581
Long Island Minority AIDS Coalition, Long Island	631-225-5500
Southern Tier AIDS Program, Ithaca	607-272-4098
Southern Tier AIDS Program, Binghamton and surrounding counties	607-798-1706
Urban League of Westchester, Mount Vernon	914-699-6124

## **Expanded Syringe Access Program (ESAP)**

To find ESAP-registered pharmacies, medical providers or health care facilities where you can obtain syringes without a prescription, call 1-800-541-AIDS (1-800-541-2437) or visit the NYS Department of Health: [health.ny.gov/diseases/aids/harm\\_reduction/needles\\_syringes/esap/](http://health.ny.gov/diseases/aids/harm_reduction/needles_syringes/esap/)  
Learn more about Syringe Access Programs at (212) 417-4770.

## **Opioid Overdose Prevention**

Learn to recognize and prevent an opioid overdose. For information about training and programs, please call the New York State AIDS Institute's Harm Reduction Unit at 212-417-4770, or visit: [health.ny.gov/diseases/aids/harm\\_reduction/opioidprevention/index.htm](http://health.ny.gov/diseases/aids/harm_reduction/opioidprevention/index.htm)

## **Quitting Drugs**

If you need help quitting drugs, call the New York State Addictions Helpline, at 1-800-522-5353. Or, in New York City only, call 1-800-LIFENET (1-800-543-3638). Both calls are free.

The background is a solid blue color with several overlapping circles of varying sizes and shades of blue. In the lower half, there is a faint, semi-transparent image of several medical syringes, some with handwritten numbers like '0.1', '0.2', and '0.3' on their barrels.

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