

SAFER SNIFFING



HARM REDUCTION

This fact sheet was created by PiaMP with harm reduction in mind

Harm reduction reduces the negative consequences and risks associated with drug use.

SOME TIPS

- Use a clean straw, or if one is not available, a post-it note or paper (but paper is more likely to cause cuts)
- Do not share the straw
- Use different colored straws, or identify them
- Change nostrils regularly to avoid irritating one
- Crush substances well so that they irritate the nose less
- Rinse your nose with water after snorting
- Put vitamin E oil in the nostrils to help healing
- Go for a drug test if you have been taking risks

RISK REDUCTION IS...

As with other means of consumption:

- Start with a small dose, especially if it's a new substance or if it's been a long time since you've used
- Do not use alone
- Test your drugs with strips or at a point of service
- Have naloxone on hand and know how to use it
- Do not hesitate to call emergency services if someone shows signs of overdose

When using, it can be tempting to take more risks and unintentionally make less effort to protect yourself. It is therefore preferable to prepare protection against STIs in advance (condoms, PreP).

If possible, get the drugs from a known source.

If you want to stop or reduce your consumption, do not hesitate to contact a PiaMP counsellor.

YOU SHOULD KNOW THAT...

- Reducing the risks never brings the risks to zero
- Sharing snorting equipment can transmit hepatitis B and C
- Even though snorting may seem to give you more control over the amount of drugs you take than swallowing, the risk of overdose is always present.
- Snorting regularly can cause damage to the nose.
- Using equipment that is not very clean, such as keys or money, exposes us to germs when it is easily avoidable.

USEFUL ADDRESSES

CACTUS

1300 Sanguinet Street, Montréal, QC, H2X 3E7
514-847-0067

- Offers sterile consumption material
- Place to get your drugs tested

LE PIAMP

4430 Av. Papineau, Montréal, QC, H2H 1T8
514-284-1267

- Offers sterile consumption material

DOPAMINE

3591, Sainte-Catherine St. East, Montréal, QC H1W 2E6
514-251-8872

- Offers sterile consumer products

SPECTRE DE RUE

1280 Ontario St. East, Montréal, QC, H2L 1R6
514-528-1700

- Offers sterile consumption material
- Place to get your drugs tested

ABOUT THE PIAMP...

The mission of the PiAMP is to intervene, train and educate youth under 25 years of age who are exchanging sexual services or who are likely to do so. Our mission also includes parents, significant others, professionals, and anyone else in the youth ecosystem.

Our services :

- Psychosocial support
- Monthly activities
- Discussion groups
- Food bank
- Distribution of risk reduction material
- Work in the community
- Street work Workshops and kiosks

TO REACH OUR WORKERS

Em 438-504-7483

Lola 438-408-6378

Jeanne 438-508-3289

You can also chat with us at piamp.net