

# Safer Substance Use

## Tips to Prevent Overdose and Infections

### Avoid sharing supplies and prepare your own substances

### Practice good hygiene measures

- If sharing can't be avoided, clean equipment
- Wash your hands with soap and clean water for 20 seconds or use hand sanitizer
- Keep your surface clean. Use disinfectant wipes/diluted bleach to wipe it down

### Don't use alone

- Using alone? Call the "Never Use Alone" hotline at 1-800-484-3731

### Use small amounts of a drug at a time

### Check street drugs with fentanyl or xylazine by using test strips

- Available through ACHD: [tinyurl.com/opp-Narcan](https://tinyurl.com/opp-Narcan)

### Have Naloxone (Narcan) available to reverse an opioid overdose

- Available at pharmacies in PA without a prescription
- Available through ACHD: [tinyurl.com/opp-Narcan](https://tinyurl.com/opp-Narcan)

**For Harm Reduction Services**



# Harm Reduction Services

## Prevention Point Pittsburgh

Offering safer smoking, snorting, and injection supplies to reduce the spread of HIV, Hepatitis C, and other infections, fentanyl test strips, and harm reduction support and overdose prevention resources.

Call **412-247-3404** for information or to arrange for supply delivery or call the Service Navigator **412-758-4257** if you have questions about accessing local services.

### Site Schedule

Visit [pppgh.org](http://pppgh.org) or call for time and location:



Tuesday in Perry Hilltop  
Wednesday in the Hill District  
Thursday in Carrick/Overbrook  
Fridays in Homewood  
Sundays in East Liberty

## Treatment and Recovery

Call the **PA Get Help Now Line** at **1-800-662-HELP**

For treatment, call the **Allegheny County Bureau of Drug and Alcohol Services** at **412-350-3328**

For more resources, visit: [www.harmreductionallegheny.org](http://www.harmreductionallegheny.org)

*Information provided by the Allegheny County Health Department's Overdose Prevention Program*