

# HARM REDUCTION

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### PURPOSE

- Reduce overdose fatalities.
- Increase access & training to Naloxone.
- Reduce infection/disease transmission from non sterile syringe use.



### WHAT IS HARM REDUCTION ?



Harm reduction are strategies developed to reduce negative outcomes associated with drug use and drug laws. Harm reduction is a human right, with a focus on positive change and social justice without judgement. Harm reduction meets people where they are, to use in a safe manner (1).

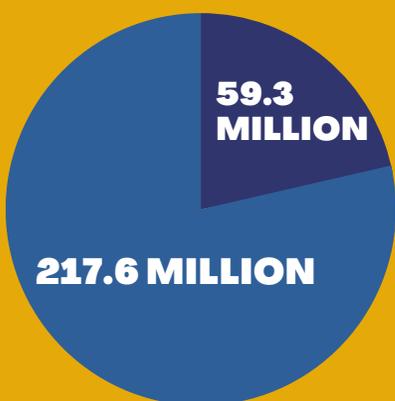
### HOW DOES HARM REDUCTION WORK?

#### THINK WIN-WIN

- **Use sterile needles.**  
Reduce HIV and HCV infection rates.
- **Don't use alone.** Buddy system and having someone check-in in case of an overdose.
- **Learn how to use fentanyl test strips.**  
Knowledge is power.  
Understanding what is in your drugs can help you determine the best way to use to prevent overdoses.
- **Always carry Narcan/naloxone.** Know the signs of an overdose and be prepared to respond with administering naloxone.



### FACTS



- In the last 20 years, **750,000** people have died from drug overdose in the United States (1).
- **2020 - 2021: 21.4% OF THE POPULATION OVER 12 YEARS OF AGE, OR 59.3 MILLION PEOPLE, REPORTED ILLICIT (NON-PRESCRIPTION) DRUG USE (2).**



# GOOD NEWS!



**2600 Prevented**

**deaths** in 2019 due to the **DOPE (Drug Overdose and Prevention Education) Project** (3).



**13000 Trained**

in using **Naloxone** to save lives during an overdose episode (3).

**Access to sterile syringes** has resulted in a



**50% Reduction** in HIV and Hepatitis C Infections.

Individuals also receive information on housing, healthcare, and substance use treatment when accessing sterile syringes (3).

## RESOURCES

RIVERSIDE COUNTY OVERDOSE DATA TO ACTION PROGRAM  
[ruhealth.org/public-health/riverside-overdose-data-action](http://ruhealth.org/public-health/riverside-overdose-data-action)

INLAND EMPIRE HARM REDUCTION (IEHR)  
[ieharmreduction.org](http://ieharmreduction.org)

INLAND EMPIRE OPIOID CRISIS COALITION  
[ieocc.org](http://ieocc.org)

NATIONAL HARM REDUCTION COALITION  
[harmreduction.org](http://harmreduction.org)

RIVERSIDE COUNTY BEHAVIORAL HEALTH  
<http://www.rcdmh.org/>

IT'S UP TO US CAMPAIGN  
<https://up2riverside.org/>



## HOTLINES

CALL IF YOU'RE GOING TO USE ALONE.

AN OPERATOR WILL STAY ON THE LINE DURING USE AND IF YOU STOP RESPONDING, THEY WILL ALERT EMERGENCY SERVICES.



<https://neverusealone.com/> **1-800-484-3731**

In a crisis?

Text "HOME" to 74141  
**to connect to a volunteer**  
**Crisis Counselor**

Free 24/7 support at your fingertips

sms:741741

