

SAFER INJECTING

If possible **DO NOT** inject:

if you have to inject **please observe the following:**

DO NOT Share any injecting equipment (cup, water, filter, spoon, tourniquet, needles or syringes)

DO NOT Inject alone, try to inject with someone present, as overdoses do occur

DO NOT Inject into an artery, as this is potentially fatal.

DO NOT Inject crushed tablets

DO NOT Use lemon juice or vinegar for dissolving

What to do if your partner overdoses

DO Turn your injecting partner on his/her side if you suspect an overdose, then call the ambulance immediately.

DO Rotate injecting sites every time you inject.

DO Clean your skin with a swab before and after you inject.

DO Remove as much air as you can from the syringe before injecting.

Check that you are always in a vein by drawing back. Veins have dark red blood, arteries have bright red blood. If you hit an artery, withdraw immediately and apply firm pressure for ten minutes.

SAFER SEX

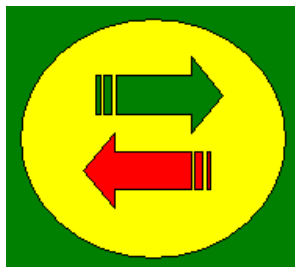
HIV, Hepatitis B and C could all be passed through penetrative sex. **Use a condom**

- Use a condom and/or a dental dam for oral sex.
- If a lubricant is needed, use one which is water based - not oil based.

SAFER DISPOSAL

- **DO NOT** attempt to clean works as it is very difficult to sterilise works domestically.
- **DO NOT** place in rubbish bins.
- **DO** return to the nearest exchange.
- **DO** put syringes in the proper disposal container included in the pack. If you do not have one, you may place works in an old drinks can that must then be **flattened completely.**

The Needle Exchange Scheme is in operation to offer you, not only clean, sterilised needles and syringes, but a safe way to dispose of used works.



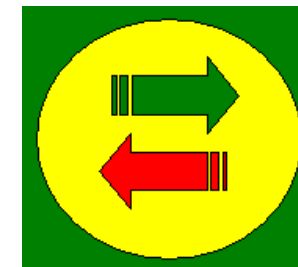
Anglia Support Partnership

PHARMACY

NEEDLE

EXCHANGE

SCHEME



LIST OF PARTICIPATING PHARMACIES

Cambridge Superdrug Stores 38 Fitzroy Street Cambridge CB1 1ER 01223 352917	Cambridge Lloyds Pharmacy 30 Trumpington Street Cambridge CB2 1QY 01223 359449	Cambridge Superdrug Pharmacy 59 Sidney Street Cambridge CB2 3HX 01223 353002
Cambridge National Co-op Chemist Health Centre, 144 York St Cambridge CB1 2PY 01223 356644	Cambridge Boots the Chemist Unit 5-6 Grafton Centre Cambridge CB1 1PS 01223 302576	Chatteris Lloyds Pharmacy 22 High St Chatteris PE16 6BG 01354 692568
Ely Lloyds Pharmacy 19 High Street Ely CB7 4LQ 01353 662226	Ely Lloyds Pharmacy Princess of Wales Hospital Lynn Road Ely CB6 1DX 01353 667603	Godmanchester J G Clifford Chemist 3 The Causeway Godmanchester PE18 8HA 01480 453729
Huntingdon Lloyds Pharmacy 72A Ermine Street Huntingdon PE29 3EZ 01480 453063	Huntingdon Boots the Chemist 42 High Street Huntingdon PE29 3AQ 01480 457241	Littleport Lloyds Pharmacy 22 Main Street Littleport CB6 1PJ 01353 860260
March Boots the Chemist 17-19 Broad Street March PE15 8TP 01354 652180	March Lloyds Pharmacy Broad Street March PE15 8TP 01354 652165	Peterborough Lloyds Pharmacy 50 Lincoln Road Peterborough PE1 2RY 01733 562045
Peterborough National Co-op Chemist 6 Hampton Court Westwood PE3 7JA 01733 262854	Peterborough Lloyds Pharmacy Bushfield, Orton Centre Orton Goldhay PE2 0RQ 01733 235026	Peterborough Lloyds Pharmacy Medical Centre Clayton Orton Malborne PE2 5SD 01733 234244
Peterborough Boots the Chemist Flaxland Bretton Centre PE3 8DB 01733 262555	Peterborough National Co-op Chemist 2 Central Square Stanground PE2 8RH 01733 343678	Peterborough Jhootts Pharmacy Unit B Sugar Way PE2 9QY 01733 895974
Peterborough National Co-op Chemist Chadburn Centre Paston PE4 6DG 01733 322907	Peterborough National Co-op Chemist 303-307 Lincoln Road Millfield PE1 2PH 01733 567208	Peterborough Boots the Chemist Unit 2 Serpentine Green Hampton Hargate PE7 8BE 01733 893528
Peterborough Walton Pharmacy 178A Mountstevens Ave Walton PE4 6HN 01733 322776	Peterborough Boots the Chemist Queensgate Peterborough PE1 1NW 01733 312211	Peterborough Sainsbury's Flaxland Bretton Peterborough PE3 8DA 01733 331328
Peterborough Millfield Chemist 387 Lincoln Road Peterborough PE1 2PF 01733 312933	Ramsey Lloyds Pharmacy 20 Great Whyte Ramsey PE26 1HA 01487 814886	St Ives Lloyds Pharmacy Market Hill St Ives PE27 5AD 01480 462109
St Ives Boots the Chemist 5-6 Sheepmarket St Ives PE18 5AH 01480 461886	St Neots Boots the Chemist 33 High Street St Neots PE19 1BW 01480 214208	Soham Lloyds Pharmacy 29 High Street Soham CB7 5HA 01353 624094

Soham Lloyds Pharmacy 59 Brewhouse Lane Soham CB7 5JD 01353 720180	Whittlesey Alliance Pharmacy 8-10 The Causeway Whittlesey PE7 1AE 01733 203531	Wisbech Boots the Chemist 15 The Horsefair Wisbech PE13 1AR 01945 583182
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FURTHER NEEDLE DISPOSAL POINTS

Sharps Collection Schemes are provided by local councils at the following points in and around Cambridgeshire

CAMBRIDGE
ARBURY COURT CAR PARK
Side of the Recycling Centre

CHERRY HINTON HIGH STREET
Recreation Ground, Rear of
Public Toilets

JESUS GREEN
Public Toilets, facing the River

MILL ROAD/GWYDIR STREET
In front of the Public Toilets

DRUMMER STREET
Rear of Public Toilets

CHESTERTON ROAD
Rear of the Recycling Centre

RIVERSIDE
Next door to Engineers House

GONVILLE PLACE
Public Toilets

HUNTINGDON
MEDWAY CENTRE – OXMOOR
Off Coneygear Road – on wall of building

LIST OF DRUG AGENCIES

CAMBRIDGE
THE BRIDGE
01223 214614

HUNTINGDON
DIAL DRUG LINK
01480 413800

PETERBOROUGH
BRIDGEGATE
01733 314551

COMMUNITY DRUG SERVICE
01733 318120

ST IVES
OUTREACH
(Contact through Dial Drug Link)

ST NEOTS
OUTREACH
(Contact through Dial Drug Link)

WISBECH
BRIDGEGATE
01945 474153

The above services provide general advice, counselling and advice on harm reduction to people and/or their families experiencing difficulties with any drug. People of all ages are welcome, and can either contact the service directly or through a health professional