



INTERIOR REGION

First Nations Health Authority

# What to Include in a Harm Reduction Kit

Every kit can be tailored to the individuals need. The numbers are just a suggestion!



Scan the QR code for Harm Reduction Sites across the Interior Region.

## Inhalation Supplies

- 1-5 straight glass pipe
- 1-5 glass bubble pipe
- Aluminum Foil
- Alcohol Wipes
- A pack of screens
- Small plastic tubing or a mouth piece, this avoids any damage or burning to the lips or mouth
- A small wooden stick, often called a push stick





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## Snorting Supplies

- 5-10 straws in various colours to reduce the sharing of supplies.
  - The varying colours help individuals who are taking substances together to keep track of who's straw is whose, reducing the risk of blood borne pathogens.
- Saline solution, typically in a blue plastic ampule.
  - This supports nasal health as after the substance has been snorted the individual can use the water to rinse their nose, thus reducing the risk of irritation or infection.
- A plastic card to crush substances

## Injection Supplies

- 5-10 needles
- A tie to support vein health
- 5-10 cookers and sterile water to liquefy substances
- Alcohol wipes to clean the area prior to injection
- Ascorbic Acid to breakdown crack or heroin
- A small sharps container for on the go disposal





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# Harm Reduction & Blood-Borne Pathogens

Engaging in substance use can increase an individual's risk of blood-borne pathogens, resulting in conditions such as: HIV and Hepatitis B & C. Taking a harm reduction approach to substance use can significantly lower an individual's risk of contracting a blood-borne pathogen.

According to the [Centers for Disease and Control \(CDC\)](#), there are many reasons substance use can increase the risk of infections; these reasons include:

- Pathogens on the injection site
- Soiled hands
- Contaminated substances
- Contaminated supplies (needles, pipes, etc.)
- Sharing supplies
- Poor personal hygiene
- Skin wounds
- Lack of access to hygiene facilities

Increasing access to substance use supplies is key in reducing this risk among individuals who use substances. For more information on where/how to access substance use supplies in the Interior Region please use the contact information below.

Sadie Bedard

C: (250) 215-4390

Sadie.bedard@fnha.ca

FNHA Interior Region Harm Reduction Educator