



## Common Risks

Sharing drug supplies and condomless sex puts people at risk for getting or transmitting infections.

**HIV and AIDS** - caused by a virus that attacks the immune system.

**Hepatitis C (HCV)** - a liver infection caused by a virus.

### Sexually Transmitted Infections (STIs)

- caused by bacteria or viruses. STIs can increase your risk of HIV.

### Reducing Risk:

- Don't share needles
- Test and get treated
- Communicate with sex partner(s) about testing
- Use condoms



## Be Informed

People who use drugs can increase the likelihood of a long and healthy life by applying these harm reduction strategies:

### Know Your Status

Having access to no or low-cost HIV, STI and HCV testing help people make informed health decisions. Talk with a provider about getting tested.

*Order HIV self-tests* from [iknowmine.org/shop](https://www.iknowmine.org/shop) and test in a private setting of your choosing. Know your results in 40 minutes.

*Order STI self-tests* from [IWantTheKit.org](https://www.IWantTheKit.org) and test for chlamydia and gonorrhea in a private setting of your choosing. Know your results in as little as two weeks.

**Harm reduction recognizes the humanity in people who use substances and aims to reduce the harms associated with substance use.**

### Be Prepared

There are ways to reduce the risk of contracting STIs, like using condoms.

*Order safer sex supplies* from [iknowmine.org/shop](https://www.iknowmine.org/shop), including free condoms and educational materials on sexual health and healthy relationships.

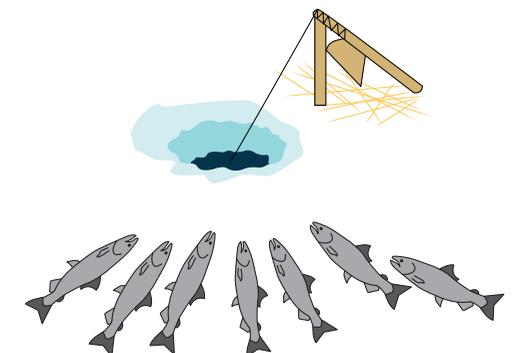
### Reduce Risk of Overdose

*Learn how to reverse an overdose:* An opioid overdose happens when too much of a substance is taken, whether prescription, over-the-counter, legal or illegal. Know how to respond to an overdose involving opioids, including prescription opioids, heroin and synthetic opioids (like fentanyl), by taking a training at [iknowmine.org/narcan](https://www.iknowmine.org/narcan).

*Always carry Narcan® Nasal Spray (naloxone)*, a medication used to reverse the effects of an opioid overdose. Order a Narcan® Overdose Response Kit at [iknowmine.org/shop](https://www.iknowmine.org/shop).

*Test all substances for fentanyl*, a synthetic opioid about 50-100 times stronger than heroin. Detect the presence of fentanyl in substances by using a testing strip. By detecting fentanyl before use, people can make plans to reduce their risk for an overdose.

*Order safer substance-use supplies* from [iknowmine.org/shop](https://www.iknowmine.org/shop) and other harm reduction supplies - safe medicine disposal bags, Narcan® Kits, fentanyl test strips, educational materials and more – as supplies last.



## Language Matters

We can speak, write and think in a way that acknowledges the human being first, rather than their condition or disease.

- Use people-first language
- Use language that reflects the medical nature of substance use disorders
- Avoid negative slang

### Suggested language:

- Person who uses drugs
- Substance use disorder
- Had a setback
- Maintained recovery

For more tips, visit

[iknowmine.org/wordsmatter](http://iknowmine.org/wordsmatter)



**Medication-assisted Treatment (MAT)** is the use of FDA approved medications alongside counseling and behavioral therapies to treat substance use disorders. The goal is to sustain recovery and to prevent or reduce opioid overdose. Research shows that MAT can improve patient survival, increase retention in treatment and reduce risk of contracting HIV or hepatitis C.

For more information, visit

[www.samhsa.gov/medication-assisted-treatment](http://www.samhsa.gov/medication-assisted-treatment)

Request an MAT Toolkit from [behavioralhealth@anthc.org](mailto:behavioralhealth@anthc.org)

## Harm Reduction Resources Near You:

Stressful times, like the COVID-19 pandemic, increase the likelihood of substance use. Harm reduction aims to connect people who use drugs to resources. Whether you use drugs, or love someone who does, the following resources support safer drug use and substance misuse prevention and treatment.



**Emergency:** Call 911

**Resources near you:** Call 211 or visit [211.org](http://211.org)

**Treatment options in Alaska:**

Visit [treatmentconnection.com](http://treatmentconnection.com)

**Need someone to talk to,** call the Careline at 1-877-266-4357

**Local, in-person or virtual support**

for behavioral health or substance use management needs: Call SAMHSA's 24/7 National Helpline at 800-662-Help (4357)

**Additional Harm Reduction Resources** and Free Supplies, visit: [iknowmine.org/HarmReduction](http://iknowmine.org/HarmReduction)

## A Compassionate Approach to Drug Use

### Harm Reduction



**iknowmine.org**

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

People are more than their substance use. Harm reduction focuses on the whole person.



### What is harm reduction?

Harm reduction is a public health philosophy that aims to minimize potential harms related to health, social and legal impacts associated with drug use, drug policies and laws.

It focuses on positive change, safety and working with people without judgment, discrimination, coercion, or requiring that individuals stop using drugs as a precondition for support.

Harm reduction meets people where they are at.