



## DRUGS / HIV HELPLINE

For free confidential information and support related to HIV, sexual health, drug and alcohol use, or to find out about your nearest needle exchange, call:

# 1800 459 459

Mon-Fri, 9.30am to 5.30pm or email: [helpline@hse.ie](mailto:helpline@hse.ie)

Further information and support is available through [www.yoursexualhealth.ie](http://www.yoursexualhealth.ie), [www.drugs.ie](http://www.drugs.ie) and [www.hivireland.ie](http://www.hivireland.ie)



## OUTREACH / KEY WORKER

Name: \_\_\_\_\_

Tel: \_\_\_\_\_



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Department of Public Health  
HSE East - Dublin, Wicklow, Kildare.  
Dr. Steevens' Hospital, Dublin 8. Tel: 6352151



# ALERT FOR DRUG USERS PREVENT HIV

New HIV  
infections  
are increasing among  
people who  
inject drugs



## HIV AND DRUG USE

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There is an increase in new HIV infections among people who inject drugs.

Injecting any drug, including snowblow and other head shop drugs is high risk for viruses such as HIV and Hepatitis.

Link with drug services in your area.

### **Get Tested!**

The only way to know if you have HIV is to get tested.



## UNSAFE INJECTING

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- Always use clean & sterile equipment (needles, syringes, spoons, water, filters, etc.).
- Never share or re-use needles or equipment with another drug user, not even your partner.
- Get your own equipment from your local needle exchange.
- Always dispose of your needles and equipment safely.



## SAFER SEX

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The sexual transmission of HIV may be prevented by safer sex practices:

- Always use condoms correctly during sex.
- Remember to use a condom every time you have sex.
- Only use a condom once. Never ever reuse it!
- Condoms are available for free in all needle exchanges.