













Indiana Harm Reduction Program Common Harm Reduction Supplies Explained

Harm reduction supplies, including syringes, are used to prevent the transmission of blood from person to person when preparing and using substances. Harm reduction supplies can also reduce the risk of bacterial and fungal infections which can occur when supplies are reused. Preventing HIV, hepatitis C (HCV), bacterial, and fungal infections not only support the health of the individual but contributes to the health of the entire community. This resource explains each item and how they are used to prevent infection and contribute to individual and public health.

SUPPLY	EXAMPLE	FUNCTION	HARM REDUCTION STRATEGY
Sterile Needles and Syringes		Used to inject substances into the body.	Reduces the transmission of HIV, HCV, and other infectious blood borne diseases caused by sharing syringes.
Bleach		Disinfectant	Used to rinse syringes in the event that sterile syringes are not available.
Cookers		Used to prepare substances with water to make a substance injectable.	Reduces the transmission of HIV, HCV, and other infectious blood borne diseases caused by sharing of cookers.
Cotton Pellet Filters		Used to filter liquid substance solutions.	Reduces impurities that can cause irritation and introduce bacterial and other infections.
Tourniquets		Used to locate and identify a vein for injection.	Reduces trauma to veins and skin tissue caused by using items such as belts and shoelaces.

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<p>Alcohol Wipes</p>		<p>Disinfectant</p>	<p>Reduces soft tissue infections, including abscesses, prevents transmission of blood borne pathogens and bacterial infections caused by unwashed skin around the injection site.</p>
<p>Sterile Water and Saline Ampules or Bottles</p>		<p>Used to clean wounds and/or Used to mix powdered substances for use.</p>	<p>Reduces risk of HIV, HCV, bacterial, and other infections, caused by using non-sterile water.</p>
<p>Straws</p>		<p>Used for snorting or inhaling vapor.</p>	<p>Reduces the transmission of HIV, HCV, bacterial and other infections by reducing nasal tears associated with snorting drugs.</p>
<p>Pipe Covers</p>		<p>Used to reduce burning of lips when smoking substances.</p>	<p>Reduces the transmission of HIV, HCV, and other infections by preventing burns and cuts from hot, chipped or cracked stems.</p>
<p>Condoms</p>		<p>Used as a barrier during sex.</p>	<p>Reduces the risk of transmission of HIV, HCV, STDs, and other infections. Prevents pregnancy.</p>
<p>Wound Care</p>		<p>Clean and care for wounds in the skin</p>	<p>Reduces the risk of soft tissue damage and serious infections. Helps reduce risk of transmission of HIV, HCV, and other blood borne infections.</p>
<p>Naloxone</p>		<p>Medication used to block the effects of opioids and rapidly reverse opiate overdose.</p>	<p>Reduces overdose deaths by reversing the life threatening respiratory failure that usually causes overdose deaths.</p>