







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 that can occur when supplies are reused. Preventing HIV, hepatitis C (HCV) and bacterial and fungal infections not only supports the health of the individual, but also contributes to the health of the entire community. This resource explains each item and how it is 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	Reduce the transmission of HIV, HCV and other infectious bloodborne 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	Reduce the transmission of HIV, HCV and other infectious bloodborne diseases caused by the sharing of cookers
Cotton Pellet Filters		Used to filter liquid substance solutions	Reduce impurities that can cause irritation and introduce bacterial and other infections
Tourniquets		Used to locate and identify a vein for injection	Reduce 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>Reduce soft tissue infections, including abscesses; prevent transmission of bloodborne 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 mix powdered substances for use</p>	<p>Reduce risk of HIV, HCV, bacterial and other infections, caused by using nonsterile water</p>
<p>Straws</p>		<p>Used for snorting or inhaling vapor</p>	<p>Reduce 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>Reduce 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>Reduce the risk of transmission of HIV, HCV, STDs and other infections. Prevent pregnancy.</p>
<p>Wound Care</p>		<p>Used to clean and care for wounds in the skin</p>	<p>Reduce the risk of soft tissue damage and serious infections. Help reduce the risk of transmission of HIV, HCV and other bloodborne infections.</p>
<p>Naloxone</p>		<p>Medication used to block the effects of opioids and rapidly reverse opiate overdose.</p>	<p>Reduce overdose deaths by reversing the life-threatening respiratory failure that usually causes overdose deaths</p>