

LEARN MORE

For more information on registering as a harm reduction program, email harmreduction@health.ok.gov

TULSA

Health Outreach Prevention Education, Inc. (H.O.P.E)
H.O.P.E. Testing
(hopetesting.org)
918-749-8378

Ernest Childers Department of Veterans Affairs Outpatient Clinic
Va.gov | 888-397-8387
VA Members Only

OKLAHOMA CITY

Safety Harm Reduction Education & Delivery, Inc. (SHRED THE STIGMA)
shredthestigmaok.org
405-295-5167

Delivery: Monday, Wednesday, Friday

MUSKOGEE

Jack C. Montgomery VA Medical Center
www.va.gov | 888-397-8387
VA Members Only

WHAT IS HARM REDUCTION?

Harm reduction is aimed at reducing negative consequences of substance use. This can include providing people with sterile syringes or education on how to use drugs more safely. Harm reduction is about support, rather than judgment or blame.

SCAN TO VISIT

Sexual Health and Harm Reduction Services Resources



SEXUAL HEALTH & HARM REDUCTION SERVICE



SCAN TO DOWNLOAD

The Oklahoma Department of Environmental Quality's Guide to Safe Sharps Disposal

SUBSTANCE INJECTION WATER SAFETY



SEXUAL HEALTH & HARM REDUCTION SERVICE



UNOPENED VIAL OF STERILE WATER

No added risk of bacterial infection.

Manufactured for medical use, therefore **completely safe** if used once and extra is thrown away.



WATER FRESHLY RUN FROM A TAP

Risk of bacterial infection.

Risk of bacterial infection is dependant on municipality and water source. **Hot water is not hot enough to kill bacteria.**



SHARED CUP OF WATER

Medium to high risk of bacteria.

Could have bacteria from shared drinks, the needle, or even blood. **Throw this away and look for clean water.**



TOILET WATER

High risk of bacteria.

Only get water from tank, never the bowl. Risk can be reduced by flushing the toilet before obtaining. **Not recommended.**



WATER BOILED IN A KETTLE AND COOLED

No added risk of bacterial infection.

Boil water for a minimum of **20 minutes**. The temperature of the water should reach 250°F and cooled to room temperature.



BOTTLED WATER

Risk of bacterial infection.

May contain bacteria if previously drank from. Pour into bottle cap to draw from to avoid further contamination.



PARTIALLY USED VIAL OF STERILE WATER

Medium to high risk of bacteria.

Could be contaminated by a needle. Additional risk of viral infection if there is blood present. **Throw away used vials.**



PUDDLE WATER OR SALIVA

Very high risk of bacteria.

Risk of bacterial infection is too great using this method, even as a last resort. **Do not attempt.**

DON'T USE DRUGS ALONE

Carry **Naloxone**, know how to use it and let others know you have it.

Never Use Alone Hotline:
800-484-3731

