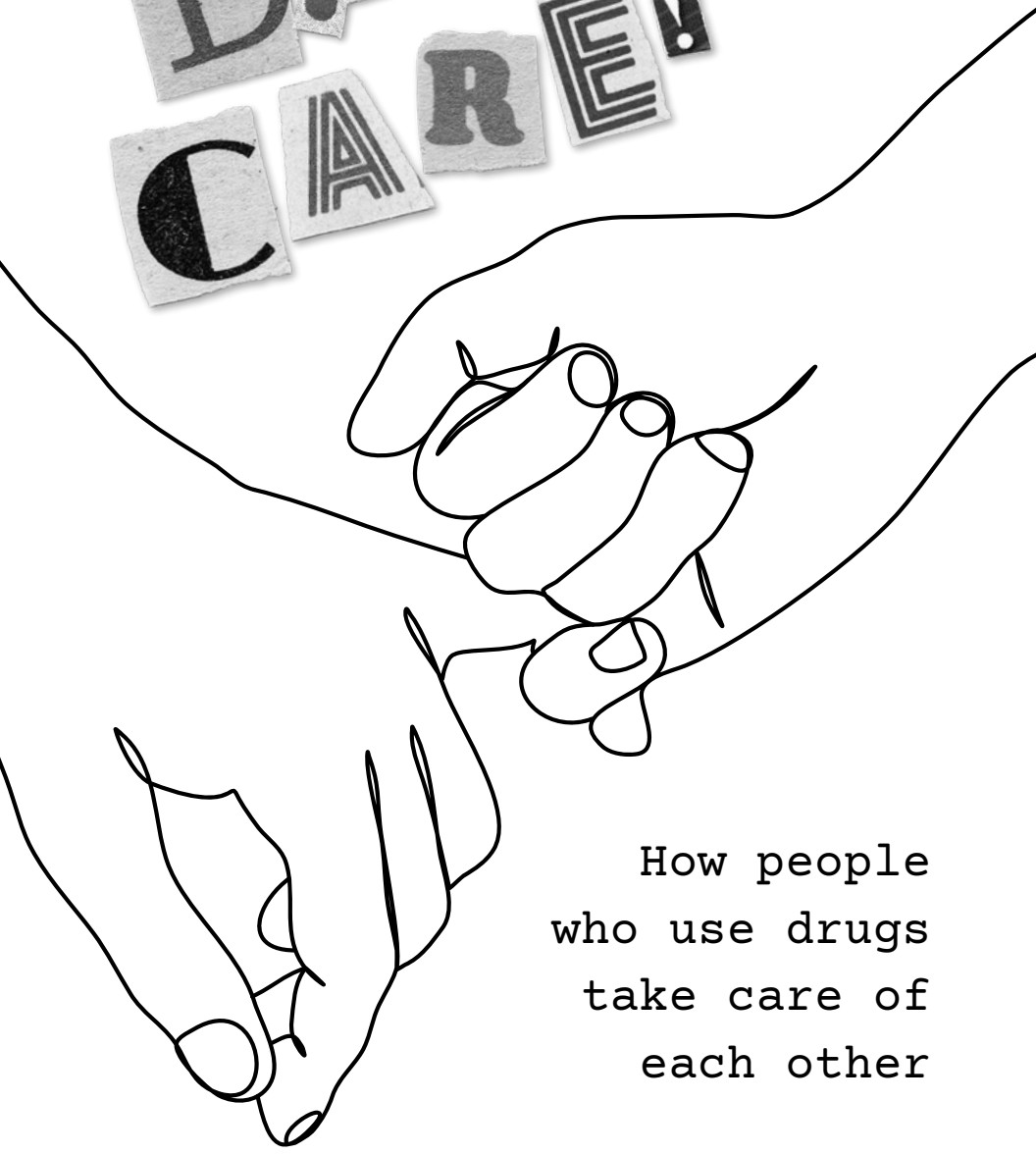
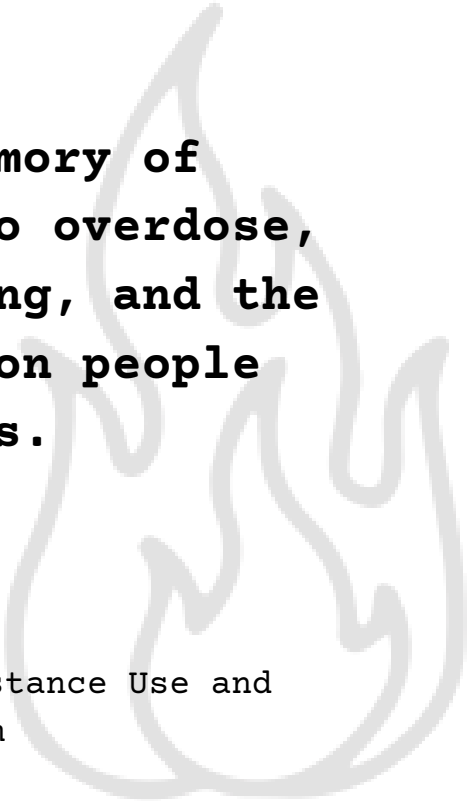


D.i.Y.
C.A.R.E!



How people
who use drugs
take care of
each other

**In loving memory of
those lost to overdose,
drug poisoning, and the
ongoing war on people
who use drugs.**



Thank you to...

Health Canada Substance Use and
Addictions Program

Arielle Villarin for some hand-drawn
elements

Satellite Site Operators across MB:
Dawn, Wanda, Debbie, Chase, Tigerlily,
Kat, Pauleen, Jeff, Tamara

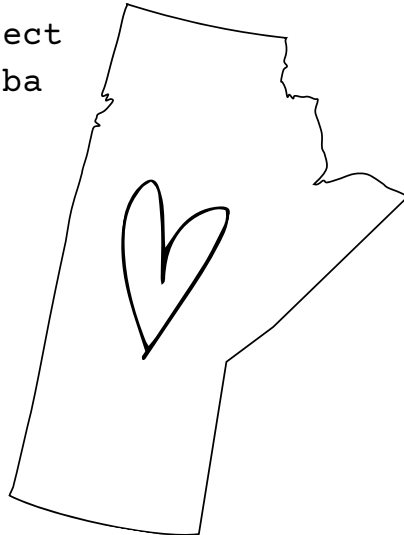
Introduction

People Who Use Drugs Take Care

The world freaking goes 'round because of the beauty, wisdom and care of people who use drugs. This zine is a passion project of 9 "Satellite Site Operators" in Manitoba!

A Satellite Site is an independent, drug-user run, supply and information distribution site. Basically, it's a person who uses drugs, helping out other people who use drugs, with the harm reduction supplies, information and naloxone that they need to stay as safe as possible. Satellite Site Operators in this project are supported by the Manitoba Harm Reduction Network.

We have sites in Winnipeg, Powerview, Sagkeeng, Selkirk, Ashern, Brandon, and Swan River!



People Use Drugs Everywhere

We know people use drugs in communities across Manitoba. Whether it's out in the open, in secret, in people's homes, or at a bonfire -- drugs are everywhere!

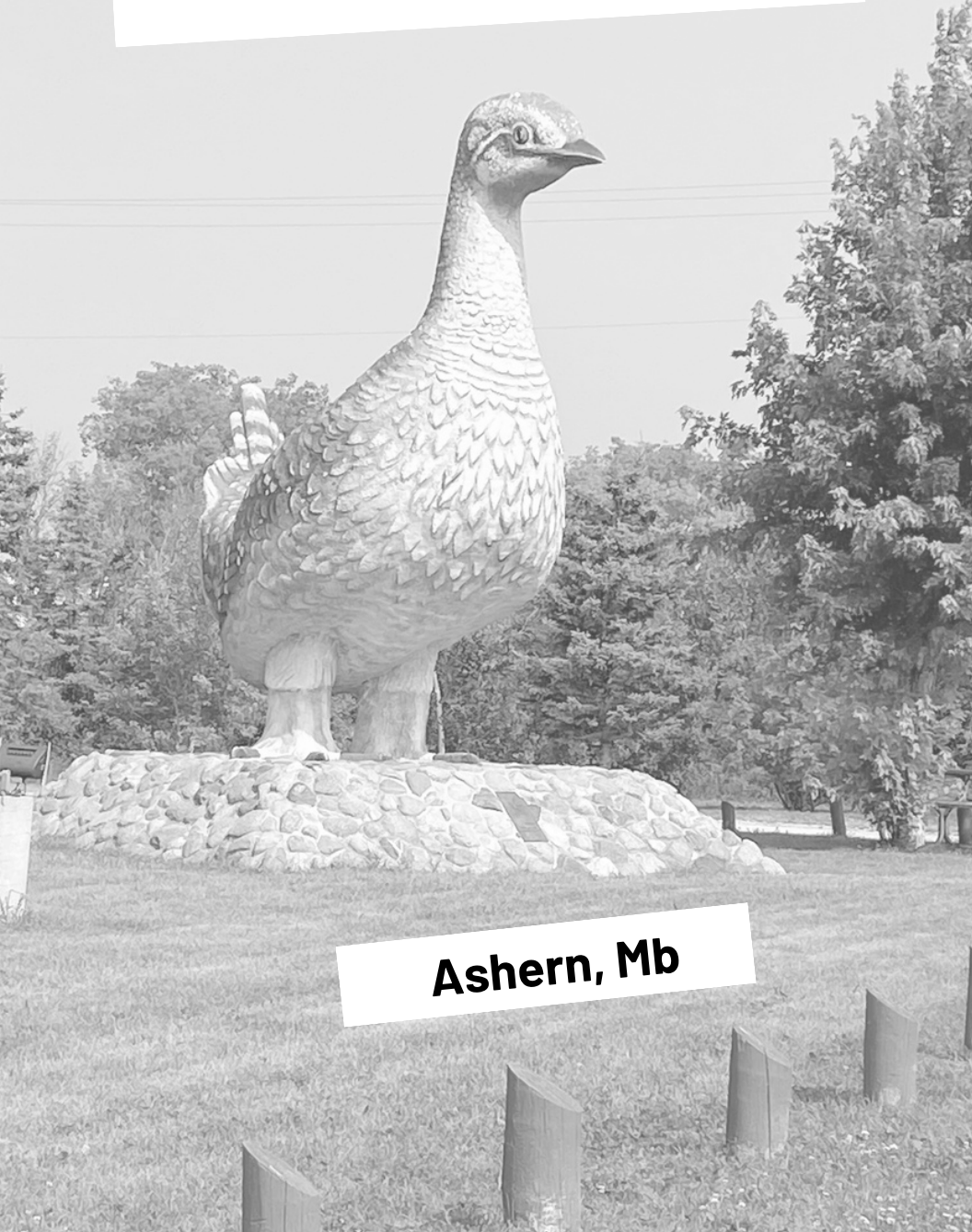
Some communities decide to ignore it or pretend it doesn't happen, and this leads to secrecy, risks, and inadequate services to support people. We took pictures all over Manitoba to show that people use drugs EVERYWHERE and included them in this zine. Have you used drugs in any of these places?



People here use drugs!

The Pas & OCN, Mb

People here use drugs!



Ashern, Mb

People Who Use Drugs Save Lives:

"I left office one day and was walking back to the hood, and I saw a woman upset. She was trying to flag down and out of 20 people i was the first one who stopped, and i told her she was doing a good job, and she says no one ever said that before."



"Did you freaking narcan me?"
"Ya dude, you were dying"

"The first few (overdoses) scared the living shit out of me but then i guess you start getting used to it. Now i know as long as they are still breathing we are ok. We have time, i can do CPR, i know when i need to start."



"A few weeks ago i was running up the stairs to save someone and they were impressed how fast i was prepping the shot while running up the stairs. I have a fast reaction and i know what i'm doing cuz 27 i've done."



"The amount of overdoses i have dealt with is insane."

Overdose

Satellite Site Operators have a lot of experience using naloxone to reverse overdoses and drug poisonings.

Naloxone is an antidote that can help reverse an overdose or drug poisoning that is caused by an opioid.

To access naloxone visit your local health center, streetconnections.ca, or ask people who use drugs in your area where to get some!

Hot tips for using naloxone:

- don't pre-prepare your shot
- naloxone doesn't get you high
- don't give someone a stimulant when they are overdosing
- watch some videos online @ naloxonetraining.com



Types of Drugs

There are 3 main types of drugs:

1. Psychedelics: alter perceptions, feelings, and thoughts. They can cause hallucinations but do not always have this effect.
2. Stimulants: 'speed up' body, including heart rate, and tend to make people feel more awake
3. Depressants: tend to slow the body down, including heart rate and breathing, and tend to make people feel more sleepy.

Opioids are part of the depressant family. Naloxone only works on opioids, not psychedelics, stimulants, or other types of depressants.

People here use drugs!

Selkirk, Mb



Psychedelics

LSD
Magic Mushrooms
(psilocybin)
PCP
Ketamine
DMT
(dimethyltryptamine)
MDMA - also a
stimulant

Stimulants

Cocaine - crack
MDMA (ecstasy)
Amphetamine
Meth-amphetamine
(speed, jib,
crystal meth)
Ritalin
(methylphenidate)
Caffeine



People here use drugs!

Pine Falls, Mb

Depressants

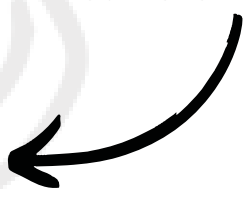
- Benzodiazepines
(valium, ativan,
xanax, restoril,
rohypnol)
 - Barbituates
(nembutal, seconal)
 - Zopiclone
 - Alcohol
 - GHB gamma
hydroxybutyrate
'date rape drug'
-

Opioids

- Codeine
- Demerol
- Fentanyl,
carfentanil
- Hydrocodone
(vicodin, oxycontin)
- Hydromorphone
(dilaudid)
- Oxycodone
- Pentazocine (talwin)
- Heroin
- Methadone
- Buprenorphine (in
suboxone)

**All the drugs
on this page
are
depressants**

**But Naloxone
only works on
the opioids
listed here**



What is Safe Supply?

Folks in the media have been buzzing about safe supply and got you wondering! Safe supply is the idea of providing tested drugs to the people who need them to decrease drug poisoning deaths. In Vancouver drug users themselves have taken on this work with the Drug User Liberation Front! You can read more about it at www.DULF.ca

"There is not them and us.
There is only you and me.
The war on drugs is oblivion."



People here use drugs!

Flin Flon, Mb

Getting Tested

**"We know there's cougars
but there's also mountain
lions, mounting everyone
and lying about it"**



Get tested if you:

**Use
drugs**



**Have
sex**

It's that simple! Testing rates have gone down since covid, but the rates of sexually transmitted and blood borne infections are still rising! You can go to your local health center or a community testing event in your area!

Dawn's guide to

When is it a problem?

Using drugs doesn't make you a bad person.

Using drugs doesn't make you a bad person.

You're a good person.

Say it until you believe it!

IF your drug use becomes unmanageable it
might be time to reevaluate!

How to know:

- If you are spending more than money on drugs
- If you are selling your things, if you will do anything
- If you don't know how to self-regulate your feelings
- If you can't take care of your basic needs
- If you are unable to act right in public

If you check any of these boxes, it might be time to talk to someone or reach out for support. Don't forget, we love you.





People here use drugs!



Brandon, Mb

QUESTION from SWAN RIVER, MB

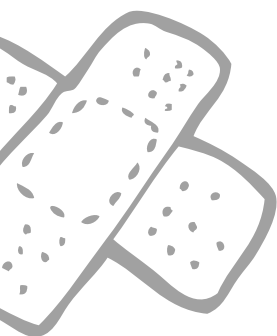
Why should I cook my shot?

Answer:

While some drugs dissolve easily in water others do not, and cooking helps the process. Cooking has benefits even for drugs that do dissolve in water though! Cooking helps kill germs that are in your shot and prevent infections and abscesses. Cooking for 10 seconds is enough and won't harm the potency of your shot.



Sometimes people come to our sites with pretty rough-looking wounds or abscesses. It's always better to go get help from a nurse if you can, but we know there are lots of reasons that might be hard or impossible so we wanted to share our tips to taking care.



The best way to deal with wounds from injecting is to try to avoid them!

- Use new rigs and works
- Cook your drugs
- #smokedontpoke if that works for you
- Rotate injection sites
- Clean your area and site before injecting
- Don't pick!

If none of this works and you still end up with a nasty wound go get medical attention if you can. If you can't, you can try:

1. Draw a circle around it, if it grows outside the circle get help!
2. Hold a tap water hot washcloth on it if it is a closed wound (abscess)
3. Air it out, or if an open wound cover it with a clean bandage or dressing

D.I.Y. WOUND CARE!

Wanda's JAVEX miracle

1. Boil a cloth to make sure it's clean
2. Mix 1.5 Cups of javex and a tablespoon of salt with water to dilute it.
3. Dip cloth in diluted javex mix and apply around the wound if an open wound but not on an open wound itself.
4. Keep it clean



"i saved my whole arm doing this method,
i would have lost it otherwise"

People here
use drugs!

Portage La Prairie, Mb



A black and white photograph of the Manitoba Legislative Building at night. The building is illuminated, showing its classical architecture with a large dome and columns. In the foreground, a large fountain with multiple jets of water is active. The scene is lit by streetlights and building lights, creating a dramatic atmosphere.

People here use drugs!

Winnipeg, Mb

And like literally, right here #purplecity

Get Involved!

If you want to get involved head to www.mhrn.ca to see if we have a site in your area or get in touch!

