

# HARM REDUCTION

## Real Support, No Judgement

Harm reduction aims to ease the negative impacts of drug use, such as disease transmission and overdose. It involves providing non-judgmental care tailored to the needs of drug users.

## What does that look like?

Harm reduction programs reduce the likelihood of adverse outcomes—for the users and our communities. Here's what harm reduction looks like:

### Syringe Services Programs (SSPs)

Syringe Service Programs (SSPs) are vital for public health, providing stigma-free access to sterile injection equipment and reducing the risk of infections. These programs act as gateways to healthcare services, promoting safe disposal of needles and playing a crucial role in harm reduction, prioritizing the health and safety of drug users, and benefiting society.

### Fentanyl Testing

Fentanyl test strips help prevent accidental overdoses by allowing one to check substances like heroin, cocaine, or ecstasy for fentanyl. The strips promote safer drug use practices and potentially save lives amid the opioid epidemic. However, they are not foolproof, and caution is advised. Minnesota offers various resources for fentanyl test strips to those using or concerned about someone who does.

### Naloxone

Naloxone, also known as NARCAN®, is a life-saving drug that can reverse opioid overdoses. Administered via injection or nasal spray, it is easy to use by anyone with minimal or no training. While otherwise harmless, naloxone's effects wear off after 30-45 minutes, so prompt medical assistance remains crucial. In Minnesota, naloxone is available over the counter and anyone can carry it and administer it.



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