



Expanded Syringe Access Program

ESAP

Pharmacies registered in New York State's Expanded Syringe Access Program (ESAP) may sell or furnish up to 10 syringes at a time to adults, 18 years or older, without a prescription. Under this program, health care facilities and health care providers (doctors and others who can prescribe syringes) may also furnish syringes.

REDUCING YOUR RISK

This program benefits individuals who self-inject medications and/or other drugs. If you inject drugs, you may be at risk of overdose or being infected with HIV, hepatitis B, hepatitis C, and other serious infections. Injecting drugs can lead to sores (abscesses and cellulitis) and heart infections (endocarditis). If you do inject, there are ways you can reduce your risk for disease, and can help protect others.

- Always use a new sterile syringe and needle every time you inject.
- Never share or reuse your needles, syringes, cookers, cotton and water.
- Clean injection site with soapy water, alcohol swabs, or rubbing alcohol before you inject.
- Avoid injecting into the same spot repeatedly.
- If you don't have a new syringe and needle and you must inject drugs before you can get clean ones, clean the syringe and needle with bleach and water to reduce your risk of infection.

PROTECTING YOURSELF AND OTHERS

- **Learn your HIV status: Get tested.** If you are infected, you can learn how to take care of yourself, avoid passing HIV to others, avoid getting reinfected, and get help telling your partners. If you are not infected, but at high risk of getting infected you can get some pre- and post-exposure prophylaxis to stay negative.
- **Regular drug use can lead to dependence.** Drug treatment and medication assisted treatment can help you stop using drugs. Call the toll free number in this brochure for more information about drug treatment.
- **Overdose is a risk.** Heroin and other opioid (methadone, oxycontin,etc.) overdoses are more likely when:

- mixing opioids with other depressants, such as alcohol and benzodiazepines
- using after a period of abstinence (being clean), including detoxification or jail.
- having Fentanyl, a synthetic opioid around 50 times more potent than heroin, which may be used in fake prescription pills and/or added to heroin, make the drug especially lethal.
- **Assisting in an Overdose.** Injecting yourself, especially under the circumstances described above is very risky. Someone may be overdosing if he or she cannot be woken up with a shake. If someone overdoses, call 911 and perform rescue breathing. Opioid users and their families can learn obtain a legal medication called naloxone that will stop an overdose from being fatal while waiting for emergency services to arrive. Cocaine and amphetamine overdose symptoms may include seizures, uncontrollable activity, and psychosis or cardiac events. Naloxone is not effective in treating these symptoms. Call 911 immediately.
- **New York's "911 Good Samaritan" law** provides protections from charge and prosecution for drug and alcohol possession for the victim and those who seek help during an overdose.
- **Syringe exchange programs (SEPs)** provide new, sterile syringes and help you find medical care, drug treatment and get tested for HIV, hepatitis B and C.
- **If you're having sex, use a male latex or female condom every time.** HIV, hepatitis B, and other diseases may be spread through unprotected sex.
- **Ask your doctor or local health department clinic** for a hepatitis B vaccine and testing for HIV and hepatitis C. If you are HIV/HCV infected, ask about HIV/HCV treatment.

DISPOSING OF SYRINGES AND NEEDLES SAFELY

To dispose of used syringes and needles safely:

1. Put used syringes and needles in a plastic bottle, such as a laundry detergent or bleach bottle; the bottle should be unbreakable and puncture-resistant.
2. Close the screw-on top tightly and label your sealed container: "Contains Sharps."
3. Don't use coffee cans; plastic lids can come off easily; don't use glass bottles that may break.

Do NOT put a plastic container with used syringes out with the recyclable plastics.

Check with your local health, sanitation, or public works department or trash collector before you dispose of used syringes and needles in your household trash.

Hospitals and nursing homes accept used syringes and needles when put in containers using the steps listed above. The used syringes and needles then become regulated medical waste. This helps to protect the environment.

Syringe exchange programs in New York State can dispose of your used syringes and give you new, sterile syringes.

Exposed needles are dangerous. If you don't have a puncture-resistant container, recap your needle after you use it. Don't recap needles used by other people.

CLEANING WITH BLEACH AND WATER

If you are unable to obtain a new syringe, careful cleaning may reduce your risk of becoming infected with HIV and other blood-borne diseases.

1. Fill the syringe and rinse needle with clean water and shake to remove all the blood. Squirt out water.
2. Fill with full strength bleach and shake; after 30 seconds, squirt it out through the needle.
3. Fill syringe and rinse needle with clean water to remove the bleach. Squirt out water.

Remember to use new, clean water and separate water containers for each of steps 1–3.

Don't use hot water for cleaning as it can cause blood to clot and make it hard to clean.

HOW AND WHERE TO GET HELP: TOLL FREE NUMBERS

1. For help quitting drugs, you can get referrals from the New York State Office of Alcohol and Substance Abuse Services (OASAS) at: **1-877-8HOPENY (1-877-846-7369)**.

Or, in New York City, call: the New York City Department of Health and Mental Health, NYC WELL at: **1 (888) 692-9355** or text “WELL” to **65173** or go to: <http://nycwell.cityofnewyork.us>

This is an anonymous help line run by the Mental Health Association of New York City for persons seeking treatment for drugs, alcohol or emotional problems.

2. To find ESAP disposal sites and syringe exchange programs, HIV testing sites, and get answers to your questions about HIV/AIDS and safe syringe and needle disposal, call the New York State Department of Health HIV/AIDS Hotlines.

English **1-800-541- AIDS**

Spanish **1-800-233- SIDA**

Deaf/TDD **1-212-925-9560**

Voice Callers use **NY Relay 711** or **1-800-421-1220**

3. For information on Opioid Overdose Prevention Programs in New York State call **(212) 417-4770** or visit the website at:
http://www.health.ny.gov/diseases/aids/harm_reduction/opioidprevention/index.htm
4. For information on where you can safely dispose of your used syringes, visit the website at:
<http://www.health.ny.gov/sharps-collection>.
This link gets you to the hospital, nursing home and alternative sharps collection directories.
5. You can access the Point by visiting:
www.thepointny.org. The Point is a New York State specific mobile friendly locator tool for harm education materials and services. The Point will help you find:
 - sterile syringes with no prescription;
 - disposal sites to drop-off your used syringes and unwanted medication;
 - pharmacies to get naloxone, the drug that reverses opioid overdose; and
 - free HCV testing.

SYRINGE ACCESS PROGRAM (ESAP)

Possession of syringes in accordance with the Public Health Law is legal. Under New York State Public Health Law (Section: 3381, Chapter 56, Laws of 2000), persons age 18 years and older can legally possess hypodermic needles and syringes obtained through ESAP. These syringes and needles may be purchased or obtained without prescription from participating licensed pharmacies, hospitals, nursing homes, community health centers, doctors, nurse practitioners and physician assistants. You may also purchase syringes and needles with a prescription at a licensed pharmacy or obtain free syringes and needles from an authorized syringe exchange program.

Possession of syringes and residue in accordance with amendment to the Penal Law, Laws of New York, 2010, Chapter 284 – Persons legally possessing syringes and residue are not subject to charges or prosecution pursuant to:

- **Section 220.45:** It shall not be a violation when persons obtain and possess hypodermic syringes/needles pursuant to Section 3381 of the Public Health Law.
- **Section 220.03:** It shall not be a violation when a person possesses a residual amount of a controlled substance and that residual amount is in or on a hypodermic syringe or needle obtained and possessed pursuant to Section 3381 of the Public Health Law.

The actual sale or possession of illegal drugs is still a crime and puts you at risk of arrest and criminal prosecution.



Department
of Health