

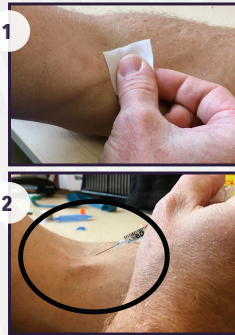
HEALTH TIPS FOR A *Sex Party*

- 1 Clean all surfaces with a disinfectant. Do this several times during the evening.
- 2 Clean surfaces that come in contact with the body (slings, massage tables, leather, chains, etc.) after each use and before each new user.
- 3 Wash and rinse all sex toys after each use. Ideally, condoms should be used on plugs and dildos. For other sex toys (clamps, cockrings, etc.), it is preferable to use your own personal equipment. During the evening, place sex toys on a clean surface and with enough space between them so they don't touch each other.
- 4 Put needles and other sharp objects in a rigid container (e.g., bottle) or a sharps disposal container available at injection equipment access centres (CAMSI). Return sharps disposal containers or other containers to CAMSI or to a pharmacy. Do not put needles into regular household garbage.
- 5 Provide rolls of paper towel. Some people use single-use paper sheets or easy-to-clean latex or vinyl sheets (accessories available in sex shops). If this is not the case, clean all surfaces that come into contact with the body.
- 6 Provide disposable gloves in large enough quantities. They can be used during sex (fisting), for cleaning, or when handling drug-use equipment (syringes, containers for mixing drugs (Maxicup®), straws), garbage and sharps disposal containers.
- 7 Provide condoms and lubricants in large enough quantities. Choose dispensers that can be operated with the elbow or individual packets rather than shared jars, since sharing lubricant poses a risk of STBBI transmission.

- 8 Provide small single-use water bottles. It's better not to drink from an open water bottle since you can't know whether the previous user added drugs to the water. You can use a permanent marker to identify your bottle.
- 9 Regularly clean and disinfect bathroom surfaces (sink, shower heads and hoses, taps). During sex parties, it is recommended to wash between each session.
- 10 Make sure there are enough towels for all participants. Towels should never be shared.
- 11 Ask each participant to bring his own enema nozzle. If they don't, after each user, clean and disinfect all equipment used for the enema. An enema can cause tiny lesions that can result in STBBI transmission.
- 12 Provide a drug consumption sheet on which each participant can write down the name of the product taken along with the time of latest consumption and the amount taken. This tool helps reduce the risks of overdose or dangerous mixes of products. It also helps people providing care to the individual, in case of overdose.
- 13 Provide access to prevention material (available in CAMSI or community organizations).
 - Sterile single-use injection equipment: syringes, tourniquets, filters, sterile water, alcohol swabs, Maxicup®, used syringe containers
 - Inhalation equipment: crack pipes and crystal meth pipes.
 - Safer sex equipment: condoms, lubricants, latex gloves



HOW TO USE PREVENTION MATERIAL PROPERLY



- 1 Disinfect with an alcohol swab.
- 2 Insert the needle at an angle of about 30°, with the bevel pointing up.
- 3 Pull back on the plunger a bit to draw blood and make sure the needle is in a vein. Release the tourniquet and inject slowly.
- 4 Put the injection equipment into a rigid container immediately after use. New injection equipment must be used for each injection.

For more information on proper use of injection equipment, see “One Kit, One Hit – Reducing Injection Risks”: publications.msss.gouv.qc.ca/msss/fichiers/2020/20-313-02A.pdf

WHAT TO DO IN CASE OF OVERDOSE

CRYSTAL METH OR OTHER STIMULANT OVERDOSE	
The risks of overdosing on stimulants is especially high during hot days (>31°C), when the body is tired, dehydrated and/or poorly nourished.	
SIGNS <ul style="list-style-type: none">Increased heart rate and blood pressure, fever and shortness of breath.Convulsions, stroke and heart attacks can also occur.	WHAT YOU CAN DO <ul style="list-style-type: none">Bring the person to a quiet place where there are few distractions.Turn down the lights, if possible.Call 911 if the person has a fast heart rate, chest pain or convulsions, is very agitated, has a high fever or loses consciousness resulting from use of stimulants.
GHB OR OTHER DEPRESSANT OVERDOSE	
It's easy to overdose on GHB since there is a very small difference between a dose that produces the desired effect and one that causes overdose. The risk of overdose varies and is difficult to predict because we don't know the exact concentration of products on the black market. The risk is also higher if the person has consumed alcohol.	
SIGNS <ul style="list-style-type: none">Slowed breathing (potentially deadly) and heart rate, low blood pressure, convulsions, agitation, loss of memory and reduced consciousness possibly leading to coma (G-hole).	WHAT YOU CAN DO <ul style="list-style-type: none">Call 911 right away if the person loses consciousness.Try to keep the person awake by calling his name (verbal stimulation).If the person doesn't respond to verbal stimulation, rub his sternum with your finger joints.If the person wakes up, talk with him to keep him awake. Check his breathing.If the person doesn't react to physical stimulation and remains unconscious, turn him on his side and clear his airway.
OPIOID OVERDOSE (HEROIN, MORPHINE, CODEINE, FENTANYL, ETC.)	
A person can take opioids voluntarily or involuntarily, since products available on the black market are not regulated and can be contaminated by substances such as fentanyl.	
SIGNS <ul style="list-style-type: none">Very slow breathing (potentially deadly), blueish lips and fingertips, small pinpoint pupils, and loss of consciousness that can result in coma.	WHAT YOU CAN DO <ul style="list-style-type: none">Call 911 right away if the person loses consciousness or if his breathing is very slow.Administer naloxone.
Naloxone is a temporary antidote for opioid overdose. When given quickly, it can restore breathing problems associated with overdose. Naloxone is available for free in pharmacies.	

AND AFTER A FEW DAYS OF CONSUMPTION...

If you have used GHB:

- every 3 hours or at least for a few days or
- every day for a month or more,

...you must see a doctor before stopping completely. Signs of withdrawal may begin 1 to 6 hours after the last dose. In those cases, withdrawal can be dangerous.

- Stopping use of stimulants can cause depression or anxiety, or even panic attacks. **These reactions are normal.**
- The body is trying to get accustomed to not being stimulated by chemicals. The “down” period that follows a consumption episode is temporary. Being kind to yourself can help you get back to normal more quickly. In the meantime, it's important to do these things:
- Stay calm and try to rest.
 - Take care of yourself: take a hot bath, listen to music or watch TV.
 - Drink lots of fluids and eat well to replenish proteins, carbohydrates, healthy fats, vitamins and minerals.
 - Call people you know and trust.
 - Don't hesitate to ask for help, if needed (see the Resources section).

HEALTH TIPS FOR A

Sex Party

Prevent STBBI and reduce risks of overdose

RESOURCES

Support
aidedroque.ca/en
(Drugs: Help and Referral)
accmontreal.org
rezosante.org

Prevention material
accmontreal.org
rezosante.org

STBBI and harm reduction
readyforaction.org

Access to naloxone
inspq.qc.ca/surdoses-opioides

Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal

Québec