



## Resources

- **Help Is Available:**
- **Never Use Alone Hotline:**
  - Call: 877-696 -1996
- **Suicide & Crisis Lifeline**
  - Call: 988
- **Crisis Text Line 24/7**
  - Text: NATIVE to 741741

### Recovery Resources:

- **Alcohol & Drug Helpline**
  - Call: 800 -923-4357

### Testing Resources:

- Text: Native Test to 55251 to get a HIV/STI test mailed to you

### Youth Support:

- **Just Think Twice**
  - Text: 55753
  - Call 855 -378-4373
- **The Youth Line:**
  - Teens Helping Teens
  - Text: YLNATIVE to 839863
  - Call: 800 -852-8336

*For more information on harm reduction and resources, visit:*  
[www.ihs.gov/opioids/harmreduction/](http://www.ihs.gov/opioids/harmreduction/)



# Xylazine Wound Care Guide





## What is Xylazine?

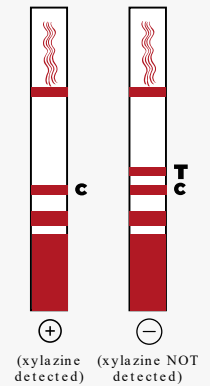
- Xylazine is a substance typically used to put animals to sleep
- It is not safe for human use, and may cause slowed breathing, slow heart rate, and dangerous skin wounds among other things
- It can be mixed with other substances, often without awareness of the person using them
- It may worsen symptoms of opioid overdose, making it harder to wake the person in need
  - Naloxone does not reverse the effects of xylazine, but it should always be given if someone is unable to wake up



This guide explains how to care for wounds that may result from xylazine use



## Testing for Xylazine



- **Prepare a sample**
  - For powder/pills--crush into a fine powder
    - Mix powder thoroughly and add 5ml of clean water to 10 mg of sample (that's enough powder to cover Lincoln's face on a penny)  
OR add clean water to your empty baggie and swirl
  - For IV substances - prepare your shot as normal
    - Add clean water to your spoon or cooker being sure it's enough to fill it
- **Test your sample**
  - Open the test strip and place the wavy end into the water
  - Hold for 15 seconds
  - Remove from water and place on flat surface for 2-3 minutes
- **Read your results**
  - Review images above, and the packaging for your strip
  - Most manufacturers use 1 line for a positive result (xylazine detected), 2 lines for negative (xylazine not detected)
  - This may vary so ALWAYS check your packaging



## Don't Forget

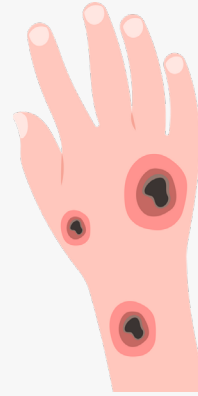
- Follow your doctor's instructions
- Change wound dressings as recommended
- Complete all medications if prescribed - don't stop or skip doses, especially if you are taking an antibiotic
- Return for additional care if your wounds are not improving/healing

## How to Protect Yourself

- Never use alone
- Keep naloxone nearby - let someone know where to find it and how to use it
- Use xylazine test strips
- Avoid injecting into or around your wound
- Use new supplies every time - avoid sharing to decrease the risk of infection



## Xylazine Wound Facts



- May appear if you inject, smoke or snort fentanyl with xylazine added
- Can start anywhere on your body, especially on arms, legs, hands, or feet (look at these areas frequently for signs of new wounds)
- Wounds can “tunnel” or spread to nearby tissues
- Are harder to care for than other types of wounds

## Wound Care Steps Clean

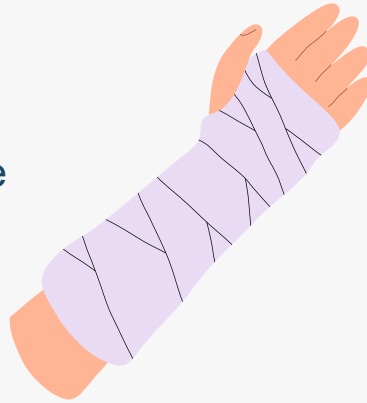
1. Wash or sanitize your hands
2. Use clean gloves if you have them, especially if touching another person's wound
3. Wash the wound gently with a mild soap and water or rinse with saline
4. **Do not** use any chemicals like bleach, rubbing alcohol, or peroxide





## Treat

1. Protect skin around the wound with ointment like petroleum jelly
2. Apply an antibiotic ointment to a non-stick dressing and place this directly over the wound
3. If the wound is draining, place an absorbent pad over the dressing (can use a maxipad if wound dressings are not available)
4. Wrap the wound with rolled gauze and tape but not too tight or too thick



**REPEAT** these steps to clean wounds  
**DAILY** or **AT LEAST** every 2 -3 days



### Watch Closely

These wounds can quickly become infected with bacteria



## More Tips

Remember to treat wounds early - the body can heal faster if you take action



- Don't wrap bandages too tight - just keep the dressing secure to protect the wounds
- Be patient - wounds take time to heal
- Xylazine wounds may heal faster if you are able to stop injecting
- Drink plenty of water and eat high-protein foods
- Do not scratch or pop wounds

## When to Seek Medical Care

Get medical care as soon as possible if one or more of the following occur:

- Changes in wound color or smell (dark, black, red, hot or hard to the touch, smelly, or has thick green/yellow discharge)
- Pain/difficulty with movement
- Exposed bone or tendon
- Fever
- Warm, red, painful or swollen skin near the wound
- Blood coming from the wound

