

We want your opinion!

The Health Unit is looking for your opinion for which program to add to NSP.

- **Testing Services**
(HepC, HIV, STI's)
- **Vaccinations**
(HepA, HepB, Flu, etc.)
- **Wound Care**
(assessment, basic treatment and referrals)

Let us know at the Health Unit today! Drop in or give us a call at **1-800-660-5853**

New!

Almonte Rexall Pharma Plus

is now dispensing Methadone!
430 Ottawa St. Almonte, ON
613-256-3000

Call them to set up an appointment to talk to a pharmacist

COMMUNITY
HARM
reduction
Steering Committee



smartworks

smartworks

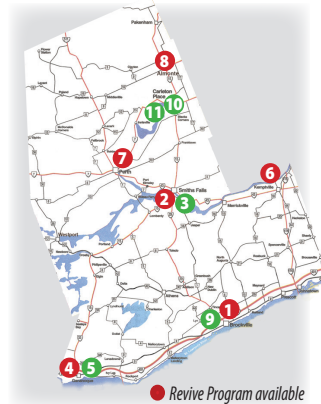
Sites in Leeds Grenville & Lanark Counties:

3 Change Health Care Smiths Falls
13 William St. W.
613-283-0359

5 Gananoque Pharma Save
220 King St. E.
613-382-1333

9 Change Health Care Brockville
244 King St. W.
613-423-2424

10 Carleton Place Shopper's Drug Mart
315 McNeely Ave.
613-253-5595



11 Change Health Care Carleton Place
68 Bridge St.
613-492-3222

www.healthunit.org/harmreduction/locations.html

Leeds, Grenville & Lanark District
Health Unit offices and service sites:

1-800-660-5853

- | | |
|--|--|
| 1 Brockville Office
458 Laurier Blvd.
Mon – Fri: 8:30 - 4:30
(closed 12-1) | 6 Kemptville Service Site
2675 Concession Rd.
Mon – Fri: 8:30 - 3:30
(closed 12-1) |
| 2 Smiths Falls Office
25 Johnston St.
Mon – Fri: 8:30 - 4:30
(closed 12-1) | 7 Perth Service Site
1 Sherbrooke St. W.
Mon: 10:30 – 4:00
(closed 12-1) |
| 4 Gananoque Service Site
375 William St. S.
Mon – Fri: 8:00 - 4:00
(closed 12-1) | 8 Almonte Service Site
79 Spring St.
Tues & Thurs:
9:00 - 4:00
(closed 12-1) |

Dates Closed

Health Unit sites:

1 2 4 6 7 8

- ▶ Monday, May 23, 2016
- ▶ Friday, July 1, 2016
- ▶ Monday, August 1, 2016
- ▶ Monday, September 5, 2016



APR 2016

HEAD SPACE

News & Information
you may want to know
TO KEEP YOU SAFE

SERVICES:

- All Services are Free & Confidential
- Pick Up and Return Injection/ Inhalation Drug Using Equipment
- Education, Referrals and Counseling Offered
- Free Condoms and Safer Sex Information
- Receive your Hepatitis A, Hepatitis B, Tetanus and MMR Vaccines
(Brockville Health Unit Site & Smiths Falls Change Health Care Site **ONLY**)
- Revive Overdose Response Program (Naloxone)

CONTACT US:

- 1-800-660-5853
- harmreduction@healthunit.org
- www.healthunit.org/harmreduction

■ Fentanyl Patch-4-Patch

The Patch-4-Patch initiative involves doctors, pharmacists and patients working together to ensure the safe use of Fentanyl patches and help decrease the number of Fentanyl overdoses & Fentanyl related deaths.

How Patch-4-Patch will change for people with Fentanyl prescriptions:

- Doctor will write a prescription and fax or call it in to 1 pharmacy that is agreed upon by the Doctor and patient.
- The prescribed number of patches will be dispensed to the patient along with a sheet to stick used patches to.
- When the patient goes to pick up the next prescription of Fentanyl, the sheet must be returned with all of the used patches.
- For the 1st prescription, there will only be 9 out of 10 patches returned since the patient will still be wearing the 10th patch.
- If a patient does not return all used patches from their previous prescription, the pharmacy will only dispense 1 patch until all patches have been returned or if the pharmacy contacts the Doctor.
- If a patient doesn't return all patches more than once, the patient may have to see their Doctor to determine if they should continue receiving Fentanyl prescriptions.

■ Reports of Bootleg Fentanyl in the Area

Bootleg Fentanyl can be laced in anything!

- Bootleg Fentanyl could be mixed with cocaine, crystal meth, heroin or pressed into pills.
- If in pill form, the colour of the pills may be inconsistent.
- Naloxone can reverse the effects of an opioid overdose.
- Naloxone kits and training are available at all health unit sites as well as Change Health Care in Brockville, Carleton Place and Smiths Falls.



Photo Credit: Alberta Law Enforcement Response Teams (ALERT)

If you choose to use:

- Never use alone
- Try small amount 1st
- Avoid mixing substances
- Have a Naloxone kit in case of overdose & call 911

What Can Cause A Stimulant Overdose?

- Using different drugs at the same time
- Inconsistent drug quality and potency
- Changes in drug tolerance—Tolerance can decrease a lot even if someone takes a break for a short period of time (ex. 3 days).
- Health conditions (ex. Heart conditions, liver disease such as hepatitis)
- Sleep deprivation
- Severe dehydration

Examples of stimulants:

Cocaine	Ritalin
Crack cocaine	Ecstasy/MDMA
Speed/Crystal Meth/ Methamphetamine	MDPV (Bath Salts)

Signs of a Stimulant Overdose:

Trouble breathing	Vomiting
Tightness in chest	Dizziness, headache, ringing in the ears
Rapid pulse	Lots of Sweating
Large pupils	Seizures
Trouble walking or talking	Foaming at the mouth
Collapsing	
Loss of consciousness	

If you suspect someone has overdosed, Call 911:

- Speak clearly & tell the dispatcher that the person may have overdosed.
- Give dispatcher your exact location: address & room #. If outside: nearest street intersection or landmark.
- If possible, have someone watch for the ambulance so you can stay with the person who has overdosed.
- Tell the paramedics as much as you can about what drugs the person was using & what you did.