

# Events

## November

Salvation Army Smiths Falls food hamper applications begin in November.

## December 21

from 3:30 pm - 5:00 pm Sunday dinner at the Pier Church in Brockville. 100 Stewart Blvd, Royal Brock (south side entrance, downstairs) 613-498-7729.

## Christmas Day (December 25)

St Francis De Sales in Smiths Falls will be having a Christmas lunch at Hanley Hall. Doors open at 1130, and people will be seated at 1145. Transportation is available. Delivery meals available too, call 613 283-0220.



Ask for a Food Matters Community Food Programs Calendar to find a Christmas dinner close to you.

All Health Unit sites will be **CLOSED** on December 24, 25, 26, 31 and January 1. We will be open on December 29 and 30.



**smartworks**



## LOCATIONS & TIMES

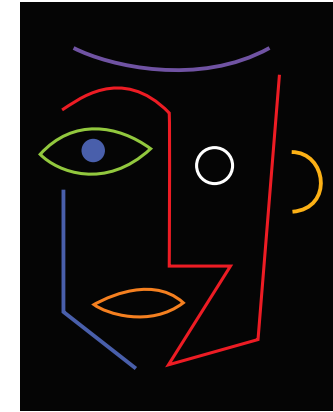
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| <p><b>1 Brockville Health Unit</b><br/>458 Laurier Blvd.<br/>Mon - Fri: 8:30 - 4:30</p> <p><b>2 Smiths Falls Health Unit</b><br/>25 Johnston St.<br/>Mon - Fri: 8:30 - 4:30</p> <p><b>3 Change Health Care Smiths Falls</b><br/>13 William St. W.<br/>Mon - Fri: 8:00 - 4:00<br/>Sat, Sun, Public Holidays:<br/>9:00 - 12 noon</p> <p><b>4 Gananoque Health Unit</b><br/>375 William St. S.<br/>Mon - Fri: 8:30 - 4:00</p> <p><b>5 Gananoque Pharma Save</b><br/>220 King St. E.<br/>Mon - Fri 8:00 - 7:00<br/>Sat: 9:00 - 5:00<br/>Sun: 10:00 - 4:00</p> <p><b>6 Kemptville Health Unit</b><br/>2675 Concession Rd<br/>Mon - Fri: 8:30 - 3:30</p> | <p><b>7 Perth Clinic (Health Unit)</b><br/>1 Sherbrooke St. W.<br/>Mon: 10:30 - 4:00</p> <p><b>8 Almonte Clinic (Health Unit)</b><br/>79 Spring St.<br/>Tues &amp; Thurs:<br/>9:00 - 12 noon<br/>and 1:00 - 4:00</p> <p><b>9 Change Health Care Brockville</b><br/>244 King St. W.<br/>Tues and Fri:<br/>8:00 - 4:00</p> <p><b>10 Carleton Place Shopper's Drug Mart</b><br/>315 McNeely Ave.<br/>Mon - Sun:<br/>8 am - midnight</p> <p><b>11 CPHC Mobile Unit</b><br/>For a schedule call:<br/>613-803-1710</p> |
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● Revive Program available

### Dates Closed

Health Unit sites 1 2 4 6 7 8 :

- |                     |                     |
|---------------------|---------------------|
| ▶ December 24, 2014 | ▶ December 31, 2014 |
| ▶ December 25, 2014 | ▶ January 1, 2015   |
| ▶ December 26, 2014 |                     |



DEC 2014  
**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](mailto:harmreduction@healthunit.org)
- [www.healthunit.org/harmreduction](http://www.healthunit.org/harmreduction)

## Equipment

### Cotton Fever

What is it? We don't know exactly why cotton fever happens, but it is linked with using filters for injection drug use. If you get cotton fever you may feel a headache, fever, the chills and shakes.

You can reduce your risk by using sterile filters each time you use, and by placing your filters in the fridge. Using a sterile filter each time you inject can also reduce your risk of getting HIV, Hep C, Hep B and other bacterial infections.

The new filters we give out at Smart Works are denser which means they don't suck up as much of the drug.

**TIP:** to get your needle to stick into the filter, use the flat end of the filter - not the round edge.



### Do you have a health concern?



Do you need to see a health care practitioner? The CPHC mobile unit has a nurse practitioner that can see you if you make an appointment. The mobile unit is also a Smart Works site and distributes needle and syringe equipment and crack kits.

Call 613-803-1710 for an appointment. The mobile unit travels throughout the Leeds, Grenville and Lanark area. Bring your health card.

## News

... things you should know

**Opioids** are killing more Ontarians than ever, according to the Coroner's report.

Hydromorphone Dilaudid related deaths have increased dramatically. Hydromorphone is 50 times more potent than a 30mg Tylenol 3. Methadone and morphine overdose deaths are increasing as well.

### What can you do to reduce your risk?

- ▶ Use one drug at a time
- ▶ Use with a friend
- ▶ Does the drug look and smell the same as usual?
- ▶ Get naloxone training!

### Now Available:

**Naloxone** You can get naloxone training now at any of our health unit sites. The training takes about 30 minutes and you will be given a training guide, 2 vials of naloxone and the equipment needed to inject naloxone. You must be 16 years of age and older and have a past or present dependence on opioids to be eligible for this training.