

## We want your opinion!

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

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

Let us know at the Health Unit today!

Drop in, give us a call at

1-800-660-5853 or email

[harmreduction@healthunit.org](mailto:harmreduction@healthunit.org)

## Naloxone is now available in pharmacies!

- Contact any health unit location for a list of pharmacies that have naloxone kits
- Call your pharmacy before going to check if they have naloxone kits

COMMUNITY  
**HARM**  
reduction  
Steering Committee



**smartworks**

# smartworks

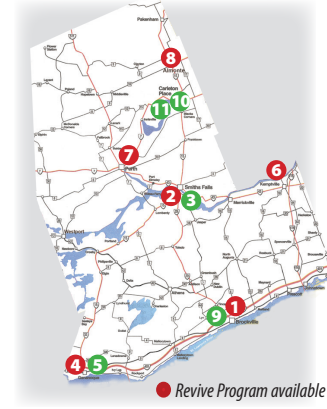
Sites in Leeds Grenville & Lanark Counties:

**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](http://www.healthunit.org/harmreduction/locations.html)

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

**1-800-660-5853**

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

### Dates Closed

Health Unit sites:

**1 2 4 6 7 8**

- ▶ Friday, December 23, 2016
- ▶ Monday, December 26, 2016
- ▶ Tuesday, December 27, 2016
- ▶ Friday, December 30, 2016



DEC 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 Support
- Free Condoms and Safe Sex Information
- Change Health Care clients can receive Hepatitis A and Hepatitis B vaccines at the Brockville, Smiths Falls, or Carleton Place Change Health Care sites
- 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)

## ■ World AIDS Day



**December 1, 2016**

- Opportunity for people worldwide to unite in the fight against HIV, show support for those living with HIV, and to honor those who have passed
- About 34 million people around the world have the HIV virus
- Increase awareness while working to decrease stigma for those living with AIDS

## Patch4Patch

- Started October 1, 2016
- Must return used fentanyl patches to the pharmacy before more patches can be refilled
- Pharmacists will inspect used patches to ensure the patch has not been tampered with

## Ontario Drug Benefit (ODB) and Opioids

- As of January 1, 2017, **20** prescription opioids will be removed from the ODB formulary
- This means that some high strength, long-lasting opioids will no longer be covered by ODB

## New Naloxone Info

- Naloxone is now available to friends & family from the health unit
- Starting January 1, 2017 naloxone will be available as a nasal spray

## ■ HIV/AIDS

**Get Tested!**



### What is HIV?

- The virus that causes AIDS
- Spread through:
  - Bodily fluids like: blood, semen, vaginal fluid, breast milk
  - Sharing needles, syringes, and drug equipment
  - Anal, vaginal, or oral sex
- Signs and symptoms:
  - Flu symptoms: fever, chills, rash, muscle aches, sore throat, fatigue
  - Can last from a few days to a few weeks
- How can I get tested?
  - A quick blood test!
  - We provide blood tests through our sexual health clinics

### What is AIDS?

- Late stage of HIV infection
- Signs and symptoms:
  - weight loss
  - repeated fever/night sweats
  - feeling tired all the time
  - diarrhea longer than a week
  - memory loss, depression
  - red, pink, purple, or brown spots on or under the skin inside mouth, nose, or eyelids
- Why should I get tested?
  - ¼ of individuals with the HIV are unaware they have it
  - An HIV test is the only way to know you have the virus
  - You can be more at risk if you have unprotected sex (especially with more than 1 partner) or sharing injection drug equipment
- Prevention
  - Use new needles and syringes
  - Use condoms
  - Practice safe sex
  - Limit sexual partners
  - Get tested!

## Sexual Health Clinics

### Almonte

79 Spring St., 613-256-1203  
Tuesdays 10:30am - 4:00pm  
(Closed at lunch 12:00pm - 1:00pm)

### Brockville

458 Laurier Blvd., 613-345-5685  
Mondays 1:00pm - 5:00pm  
Thursdays 2:30pm - 7:00pm

### Carleton Place

351 Bridge St.  
(Former Carambeck School)  
613-283-2740  
Thursdays 11:00am - 3:30pm  
(Open during lunch)

### Gananoque

375 William St. S., 613-382-4231  
Wednesdays 11:00am - 3:30pm  
(Open during lunch)

### Kemptville

2675 Concession Rd.,  
613-258-5941  
Tuesdays 11:00am - 4:30pm  
(Open during lunch)

### Perth

1 Sherbrooke St., Suite 160  
613-283-2740  
Mondays 10:30am - 4:00pm  
(Closed at lunch 12:00pm - 1:00pm)

### Smiths Falls

25 Johnston St., 613-283-2740  
Wednesdays 10:30am - 6:00pm  
(Open during lunch)