

EVENTS

1. World Hepatitis Day July 28th

- 1 in 12 people in the world are living with **Hepatitis B or C**, including 600,000 people in Canada.
- Many people are infected with Hepatitis and may not know it for 15 years or more. Hepatitis can be life threatening.
- Hepatitis B is preventable with a vaccine. There is no vaccine for Hepatitis C, but it may be treatable.

Know Your Status, Get Tested.

2. Volunteer as an Ambassador for the Hepatitis C Treatment Program.

Have you gone through treatment?
Do you feel the need to give back to your community?

If you answered yes to these questions.....
Contact Christinah or Justine at **Street Health** in Kingston (613) 549-1440 ext.6124
Help raise awareness and educate the community about Hepatitis C!

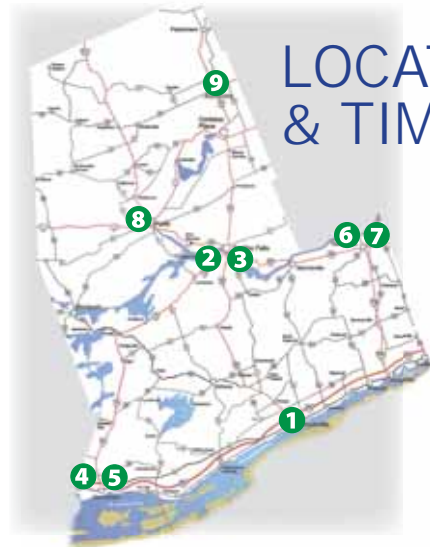
3. Nothing About Us, Without Us!

- Do you have lived experience with drug use?
- Interested in giving back to the community?
- Do you have time to volunteer?

The **Community Harm Reduction Steering Committee** is looking for you!

We are a group of professionals and community members focused on Harm Reduction strategies in Leeds, Grenville and Lanark.

For more information, please contact the Health ACTION Line at 1-800-660-5853.



LOCATIONS & TIMES

- | | |
|--|--|
| <p>1 Brockville Health Unit
458 Laurier Blvd.
Mon – Fri: 8:30 - 4:30</p> | <p>6 Kemptville Health Unit
8 Asa St.
Mon – Fri: 8:30 – 4:30</p> |
| <p>2 Smiths Falls Health Unit
25 Johnston St.
Mon – Fri: 8:30 – 4:30</p> | <p>7 Kemptville Shoppers Drug Mart
2600 County Rd. 43
Mon – Fri: 9:00 – 8:00
Sat: 9:00 – 6:00
Sun: 10:00 – 5:00</p> |
| <p>3 Change Health Care
13 William St. W
Mon, Tues, Wed, Fri:
8:00 - 4:00
Thurs: 6:00- 6:00
Sat, Sun, Public Holidays:
9:00 - 12:00</p> | <p>8 Perth Clinic (Health Unit)
1 Sherbrooke St. W
Mon: 10:30 –3:30</p> |
| <p>4 Gananoque Health Unit
375 William St. S
Mon – Fri: 8:30 – 4:30</p> | <p>9 Almonte Clinic (Health Unit)
95 Spring St.
Tues: 10:30 - 4:00</p> |
| <p>5 Gananoque Pharma Save
220 King St. E
Mon – Fri 8:00 – 7:00
Sat: 9:00 – 5:00
Sun: 10:00 – 4:00</p> | |

Dates Closed

Health Unit sites **1 2 4 6 8 9** ONLY:

- ▶ Monday July 2, 2012
- ▶ Monday Aug 6, 2012
- ▶ Monday September 3, 2012



JUNE 2012

HEAD SPACE

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

Services:

- ✓ All services are Free and Confidential
- ✓ Pick Up and Return Injection 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*)

See back page for
Locations & Times



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USING SAFELY ... things you can do to protect yourself

Equipment

Using a **NEW** needle and syringe every time will prevent you from getting HIV and Hepatitis C. Hepatitis C is **10 times** more infectious than HIV. Using a used needle (including your own) increases your chance of getting an infection of the skin and damaging your veins.



Safer Injecting

Use New Every Time

- Using **all new equipment** every time will greatly decrease your chances of getting HIV and Hep C.
- Make sure you **take enough equipment** when visiting a Clean Works Site that you have new equipment available for every hit.
- You can take as much equipment as you want.

Never Share any of your equipment, each person you are using with should have their own rig.

Wound Care

Abscesses?

Is a pocket of pus. Pus means you have an infection.

Care at Home if:

- It has no red streaks or hot puffy skin around it.
- No chills or fever.
- Lump is a few days old.

How?

- Soak the abscess in a tub of clean **warm water** to draw infection out.
- Use a clean, hot washcloth if abscess can't be soaked in a tub.
- **Warm water** with **Epsom salts** works best.
- Repeat at least 3 - 4 times a day for 10 - 15 minutes each time.

NEVER TRY TO OPEN AN ABSCESS YOURSELF, ONLY A TRAINED MEDICAL PROFESSIONAL SHOULD DO THIS.

Seek Care from a Medical Professional if:

- No improvement in 3 - 5 days.
- Lump gets bigger.
- Red streaks spreading out from the lump.
- Lump is hot, puffy and pink.
- May need antibiotics, finish all the antibiotics.

Go to the Emergency Room if:

- You have chest pains.
- You have chills or a fever.
- The infection is spreading really fast.



News ... things you should know

Health Warning:

OxyContin™ Switch to OxyNeo™

March 1, 2012 Purdue stopped making OxyContin, replacing it with a tamper proof form called OxyNeo.

OxyNeo is hard to crush and turns to gel when mixed in water.

Swallowing OxyNeo™?

Take one pill at a time with plenty of water so the gel doesn't block your airway.

Caution: Switching from OxyContin to another drug (i.e. Fentanyl™), puts you at higher risk of overdosing because the drugs mix in your body.

Be Aware: Fake OxyContin may be sold as the supply of OxyContin dries up.

Street Talk: Fentanyl™

100 mcg patch = 150 mg of Dilaudid or nineteen 8 mg tablets of Dilaudid. Has a high risk of overdose because you can't be sure how much drug is injected, even if you cut the patch into equal parts.

What Can You Do? Know your drug, know how to mix it and visit a Clean Works Site for more information.

Something to Think About ...

- Rigs should go in a biohazard bin or a plastic container (i.e. pop bottle) and dropped off at a Clean Works Site.
- **Never put Rigs** in the garbage, recycling or a public place.
- Drop off Rigs 24/7 in the **Black Drop Box** at our **Smiths Falls Office**