

Events

World Hepatitis Day July 28, 2013

Hepatitis B & C represent one of the major threats to global health. The Public Health Agency of Canada (PHAC) reports 1 in 12 people worldwide are living with either chronic Hepatitis B or C, including 600,000 in Canada (PHAC, 2012).

Hepatitis is an inflammation of the liver caused by viruses and can lead to serious and/or fatal health consequences.

Following infection some people may experience symptoms such as fatigue and jaundice (yellowish colored skin), but many people do not experience any symptoms and can have the virus for many years without knowing.

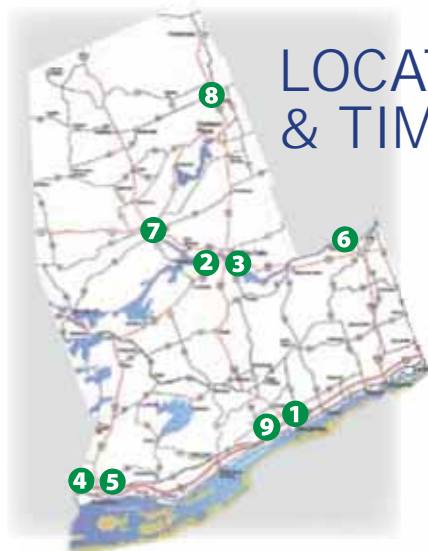
Hepatitis B can be spread through blood and other body fluids or by sexual contact.

Hepatitis C is spread from blood-to-blood contact, most often through the sharing of injection drug use equipment.

You can reduce your risk of infection by:

- ▶ Practicing Safe Sex
- ▶ **Do Not** share any personal materials that may come in contact with blood (Razors, needles, cookers/spoons, filters, or other injection drug use equipment)
- ▶ Getting vaccinated against Hepatitis B (there is no vaccine for Hepatitis C). Hepatitis A and B vaccines are available for free at the Health Unit for people that use injection drugs.

Know it. Confront it. Get tested.



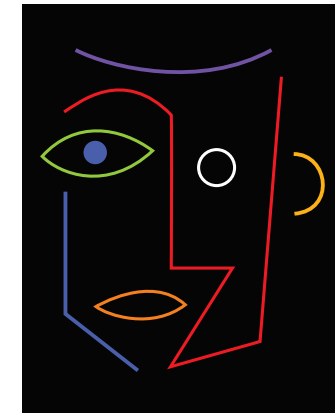
LOCATIONS & TIMES

- | | |
|---|---|
| 1 Brockville Health Unit
458 Laurier Blvd.
Mon – Fri: 8:30 - 4:30 | 6 Kemptville Health Unit
8 Asa St.
Mon – Fri: 8:30 - 3:30 |
| 2 Smiths Falls Health Unit
25 Johnston St.
Mon – Fri: 8:30 - 4:30 | 7 Perth Clinic (Health Unit)
1 Sherbrooke St. W.
Mon: 10:30 – 4:00 |
| 3 Change Health Care Smiths Falls
13 William St. W.
Mon - Fri: 8:00 - 4:00
Sat, Sun, Public Holidays:
9:00 - 12 noon | 8 Almonte Clinic (Health Unit)
79 Spring St.
Tues: 9:00 - 4:00
Thurs: 9:00 - 12 noon
and 1:00 - 4:00 |
| 4 Gananoque Health Unit
375 William St. S.
Mon – Fri: 8:30 - 4:00 | 9 Change Health Care Brockville
244 King St. W.
Tues and Fri:
8:00 - 4:00 |
| 5 Gananoque Pharma Save
220 King St. E.
Mon – Fri 8:00 - 7:00
Sat: 9:00 - 5:00
Sun: 10:00 - 4:00 | |

Dates Closed

Health Unit sites **1 2 4 6 7 8** :

- ▶ Monday, July 1, 2013
- ▶ Monday, August 5, 2013
- ▶ Monday, Sept. 2, 2013



JUNE 2013

HEAD SPACE

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

SERVICES:

- All Services are Free & 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**)

CONTACT US:

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

News ... things you should know

Bupropion (Wellbutrin®, Zyban®)

What is it?

Bupropion, more commonly known as Wellbutrin®, is an approved prescription medication used as an antidepressant and/or an aid to quit smoking. It is structurally similar to amphetamine, methamphetamine and MDMA/ Ecstasy.

What can it do to you?

Bupropion is harsh on the veins when injected, causing vein damage and tissue death. It also causes blood to thicken more quickly increasing the likelihood of forming blood clots, risk of seizures, heart attack, headaches, and overdose. Individuals using bupropion should **avoid using alcohol, cocaine and methamphetamines due to possible negative drug interactions**. The Office of the Chief Coroner in Toronto has reported at least 6 cases in which the use of bupropion by inhalation or injection was a factor in the death of the individuals using.

What can you do?

- Educate yourself about the drugs that you are using.
- Do not mix it with alcohol, cocaine, methamphetamines, or MDMA/Ecstasy.
- Avoid injecting or inhaling bupropion, try alternate routes of use.
- Never try this drug alone, use in the presence of a trusted friend.



Something to Think About ...

Disposing of Drug Equipment in Black Boxes & Biohazard Containers

You might have noticed big black boxes, the size of mail boxes, popping up around Leeds, Grenville and Lanark. These boxes make it easier for you to return your used sharps. You can put loose needles or containers of needles in the black box. All you do is pull the handle on the front, just like a mail box, and drop it in. Some containers may be too big for the box, in this case please do not leave large sharps containers beside our black boxes, return them to any one of our 9 Clean Works sites in Leeds, Grenville or Lanark.

The sunshine and nice weather is upon us, please remember if you are spending time outdoors to remember to dispose of your equipment properly by:

- Disposing of used needles and materials in a **Biohazard Sharps Container** or puncture proof container with a sealable lid.
- Returning all used needles to designated Needle Exchange Sites.
- Never putting used needles or other drug-use equipment in the garbage, recycling bin or left on the ground.

Equipment ...

Cookers

- Use a **new** cooker every time to prevent getting HIV and Hep C.
- Never let anyone else put their used needle into your cooker.
- Using a cooker more than once increases your chance of getting sick from other infections.
- Simply cleaning your cooker with soap or even bleach will not kill the germs and virus that will make you sick.

