

Events

1. World Hepatitis Day – July 28

Canadians born between the years of 1945 and 1965 have the highest rates of Hepatitis C infections. Many are unaware that they are infected.

**KNOW IT. CONFRONT IT.
GET TESTED.**

2. County of Lanark and the Town of Smiths Falls Municipal Drug Strategy

The next networking day will be in November. The date and topic will be confirmed soon.

Reminder

The CPHC Mobile Unit is offering the Clean Works program from a variety of locations across the Tri County area including Prescott, Delta, Westport and more.

**To get a schedule:
please call the Mobile Unit
1-613-803-1710**

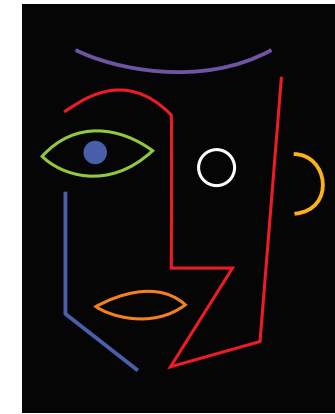


LOCATIONS & TIMES

- | | |
|---|--|
| <p>1 Brockville Health Unit
458 Laurier Blvd.
Mon – Fri: 8:30 - 4:30</p> <p>2 Smiths Falls Health Unit
25 Johnston St.
Mon – Fri: 8:30 - 4:30</p> <p>3 Change Health Care Smiths Falls
13 William St. W.
Mon - Fri: 8:00 - 4:00
Sat, Sun, Public Holidays:
9:00 - 12 noon</p> <p>4 Gananoque Health Unit
375 William St. S.
Mon – Fri: 8:30 - 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> | <p>6 Kemptville Health Unit
2675 Concession Rd
Mon – Fri: 8:30 - 3:30</p> <p>7 Perth Clinic (Health Unit)
1 Sherbrooke St. W.
Mon: 10:30 – 4:00</p> <p>8 Almonte Clinic (Health Unit)
79 Spring St.
Tues: 9:00 - 4:00
Thurs: 9:00 - 12 noon
and 1:00 - 4:00</p> <p>9 Change Health Care Brockville
244 King St. W.
Tues and Fri:
8:00 - 4:00</p> <p>10 Carleton Place Shopper's Drug Mart
315 McNeely Ave.
Mon - Sun:
8 am - midnight</p> |
|---|--|

Dates Closed

- Health Unit sites **1 2 4 6 7 8** :
- ▶ Tuesday, July 1, 2014
 - ▶ Monday, Aug. 4, 2014
 - ▶ Monday, Sept 1, 2014



JUNE 2014
HEADSPACE

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

Naloxone: An Overdose Response

The Health Unit will soon be handing out free of charge **Naloxone Kits** to people who are currently using or have used opioid drugs and are willing to be trained.

The **Naloxone Kits** will have 2 vials of Naloxone in it, which can be given with a needle to anyone who might be having an overdose from opioids like fentanyl, morphine, oxycodone or heroin.



- ▶ **Naloxone** will **only** save the life of people who are having opioid overdoses.
- ▶ It works in 3 – 5 minutes but will only last for about 45 minutes.
- ▶ **YOU MUST CALL 911 !!!**
Because the overdose **can return** once the Naloxone wears off.

Naloxone Saves Lives!!!

■ Taking Care of Yourself

Suboxone

What is it?

Suboxone is used to treat opioid dependence, just like methadone. It comes in pill form that you let melt under your tongue.

It is made up of 2 drugs: buprenorphine and naloxone. It is most often used in people who have not been opioid dependent for a long time.

Advantages of Suboxone:

- You can stabilize faster on Suboxone
- Less likely to overdose (mixed with Naloxone)
- May be easier to come off of
- Fewer side effects

Disadvantages of Suboxone:

- May not 100% satisfy the cravings
- May cost more \$\$\$\$
- Can be harder to adjust the dose
- May cause Precipitated Withdrawal (Steep or Quick onset of Withdrawal, if taken too close with last opioid)

For more info call:

Change Health Care

613-283-0359 (Smiths Falls)

■ Something to Think About ...

Crystal Meth

It is a stimulant drug. It can be taken by mouth, snorted, smoked or injected. Effects can be felt 30 – 40 minutes after swallowing or almost instantly if it is injected. You can be high anywhere from 4 – 8 hours.

What it feels like....

The effects of using Meth include euphoria, hyper, nervous, racing heart, sweating, dizziness, not able to sleep, grinding your teeth, talking lots.

Health Risks....

Agitation, stresses your heart, heart attack, high blood pressure, stroke, body temperature goes too high, exhaustion, bad teeth and gums, more likely to have risky sex.

Harm Reduction Tips...

- Use new equipment when snorting, smoking or injecting
- Plan ahead. You may need a few days to recover
- Spread your use out. Example: once a month instead of every week
- Drink water and eat some food
- Use condoms

■ Equipment: Coming Soon...



Safe Inhalation Kits

In the next few months you will be able to get safe inhalation kits from *Clean Works*. The kits will include: 2 crack pipes, brass screens, push sticks, mouth pieces and condoms and resources.