

# NEW NEP Sites & Events

## 1. Almonte and Downtown Brockville Needle Exchange Sites Officially Open!

The Needle Exchange Program is now being operated out of the **new Almonte Health Unit site** which is located at **79 Spring Street** and out of the downtown **Brockville Methadone Clinic, Change Health Care**, located at **244 King Street West**.

See the back of this brochure for location hours. Feel free to pick up supplies for a peer. Staff members are welcoming and non-judgmental. Feel free to call :

- Almonte site at 613-256-1203 and
- Change Health Care at 613-423-2424.

## 2. 21st Annual Eastern Ontario Opening Doors Conference – May 2nd and 3rd, 2013

This two day conference is designed to provide opportunities for education, support and networking with a focus on HIV.



The conference will be at the Glen House Resort in Gananoque and is sponsored by the Ontario Ministry of Health and Long Term Care and the AIDS Bureau.

Registration is \$75. For more information please go to [www.hars.ca](http://www.hars.ca) or call them at 1-800-565-2209.



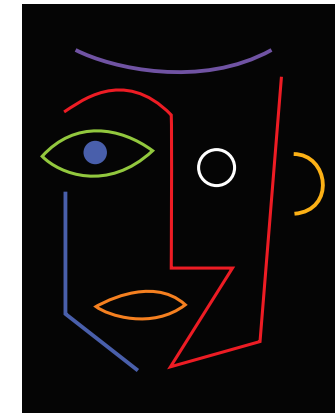
## LOCATIONS & TIMES

- |   |   |
|---|---|
| <b>1 Brockville Health Unit</b><br>458 Laurier Blvd.<br>Mon – Fri: 8:30 - 4:30  | <b>6 Kemptville Health Unit</b><br>8 Asa St.<br>Mon – Fri: 8:30 - 3:30  |
| <b>2 Smiths Falls Health Unit</b><br>25 Johnston St.<br>Mon – Fri: 8:30 - 4:30  | <b>7 Perth Clinic (Health Unit)</b><br>1 Sherbrooke St. W.<br>Mon: 10:30 – 4:00   |
| <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 | <b>8 Almonte Clinic (Health Unit)</b><br>79 Spring St.<br>Tues: 9:00 - 4:00<br>Thurs: 9:00 - 12 noon<br>and 1:00 - 4:00 |
| <b>4 Gananoque Health Unit</b><br>375 William St. S.<br>Mon – Fri: 8:30 - 4:00  | <b>9 Change Health Care Brockville</b><br>244 King St. W.<br>Tues and Fri:<br>8:00 - 4:00                               |
| <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                     |   |

### Dates Closed

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

- ▶ Friday, March 29, 2013
- ▶ Monday, April 1, 2013
- ▶ Monday, May 20, 2013



MAR 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*)
- NEW - receive your flu vaccine at the Brockville Health Unit site

### CONTACT US:

- 1-800-660-5853
- [harmreduction@healthunit.org](mailto:harmreduction@healthunit.org)
- [www.healthunit.org/harmreduction](http://www.healthunit.org/harmreduction)

## News ... things you should know



### Treatment Options

Methadone is a treatment option for people who are dependent on opioid drugs such as OxyContin, Fentanyl, Morphine and heroin.

## Something to Think About ...

### Disposing of other Drug Equipment (Filters, cookers, Etc.)

It is recommended that all equipment that has come into contact with blood be placed in a yellow biohazard bin or a hard-sided container (bleach bottle etc.) and then returned to a Clean Works Site for disposal.

Any drug equipment that has come into contact with blood **should never** be placed in the garbage as it poses a risk to the garbage collection staff and any other person that might be handling the garbage.

It is not a treatment for people who use drugs such as cocaine, alcohol, benzodiazepine or cigarettes. People dependent on street opioids who receive Methadone treatment are healthier and safer than those who do not.

Longer periods of Methadone maintenance are better than shorter periods. Indefinite treatment often means life-long extension of good health. For more information call the Methadone clinic, Change Health Care, at 613-423-2424 in Brockville or 613-283-0359 in Smiths Falls, or go to [www.changehealthcare.ca](http://www.changehealthcare.ca)

Information from: [www.canadianharmreduction.com/sites/default/files/aboutmethadone.pdf](http://www.canadianharmreduction.com/sites/default/files/aboutmethadone.pdf)



## Equipment ...

### Acidifiers (VitC)

Are used to breakdown drugs that are in 'rock' form.

**Never Use** items such as lemon juice, vinegar, or kettle de-scaler. These can cause bacteria or fungus to grow and cause an infection in your heart or your eyes.



## Taking Care of Yourself ...

### Endocarditis?

Happens when bacteria in your blood stream infects the lining of your heart and the heart valves.

### Signs and Symptoms:

- Fever and chills
- Fatigue
- Aching joints and muscles
- Night sweats
- Shortness of breath
- Paleness
- Persistent cough
- Swelling of the feet, legs or abdomen

### What to Do?

Endocarditis is a serious and life threatening infection which requires immediate medical care. Go to your closest hospital. People with this infection need IV antibiotics and may need to spend time in the hospital.