

Know what is in your Narcan® Nasal Spray (Naloxone) kit!

- 2 Narcan Nasal Spray blister packs
- 5 Step Instruction Pamphlet
- Pair of Non-Latex Gloves
- Narcan Identifier Card
- Rescue Breather Masks



Shake & Shout

If your family member or friend does not respond to you verbally, shake them and shout their name.



If no response:

- Do not wait
- Give Narcan® right away!

Calling 911

Call 911 immediately if you suspect a drug overdose. Even if Narcan® was given still call 911. Calling 911 is the most important step to saving a life.

COMMUNITY
HARM
reduction
Steering Committee



smartworks

smartworks

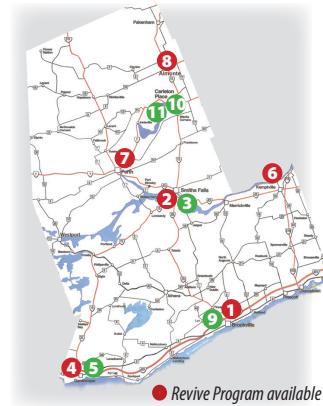
Sites in Leeds Grenville & Lanark Counties:

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

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

1-800-660-5853

1 Brockville Office
458 Laurier Blvd.
Mon - Fri: 8:30 - 4:30
(closed 12 - 1)

2 Smiths Falls Office
25 Johnston St.
Mon - Fri: 8:30 - 4:30
(closed 12 - 1)

4 Gananoque Service Site
375 William St. S.
Tues - Wed 8:00 - 4:00
(closed 12 - 1)

6 Kemptville Service Site
2675 Concession Rd.
Mon - Fri: 8:30 - 3:30
(closed 12 - 1)

7 Perth Service Site
1 Sherbrooke St.
Mon: 10:30 - 4:00
(closed 12-1)

8 Almonte Service Site
79 Spring St.
Tues & Thurs:
9:00 - 4:00
(closed 12 - 1)

Dates Closed

Health Unit sites:

1 2 4 6 7 8

▶ Friday, April 14, 2017

▶ Monday, April 17, 2017



MAR 2017

**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
- www.healthunit.org/harmreduction

■ Now Available

Narcan® Nasal Spray (Naloxone)

- New Narcan® Nasal Spray (Naloxone) kits are now available!
- Injectable Naloxone kits will be available until we run out



Who can get a Narcan® Nasal Spray kit?

- Anyone who uses opioids (“downers”) or has a history of opioid dependency
- Anyone who has a family member or friend who uses opioids

Why get a Narcan® Nasal Spray kit?

- It can save your life
- It can save the life of your family member or friend
- Easy-to-use for everyone
- Training is fast (15 minutes)

Refresher!

Narcan® is the antidote that **reverses** an opioid overdose.

The Health Unit has given out **193** kits that have saved **19** lives!

Are you here for an Immunization or Sexual Health Clinic?

Ask your nurse for a Narcan® Nasal Spray (Naloxone) kit!

Drop in to get a kit anytime!

Monday to Friday 8:30 – 4:30
(Closed from 12 to 1)

■ NEWS

What you need to know....

Our room is moving!

- Instead of using the main door, you can now come through a separate door beside the Black Box drop-off

Why are we excited about it?

- A new space to continue to offer you free NSP equipment, education & referrals!
- We have a bigger space
 - » More privacy
 - » An area to sit and talk with the nurse

**Coming
Soon!**

■ Programs

What is Change Health Care?

- Methadone Maintenance Treatment/ Suboxone Substitution Therapy
- Self-Referral, Treatment for Opioid Use & Narcan® Nasal Spray (Naloxone) Kits through Health Unit staff
- Carleton Place: 68 Bridge Street 613-492-3222
- Brockville: 244 King St. W. (Rear Door) 613-423-2424
- Smiths Falls: 49 Chambers Street East, Unit 45 613-283-0359

Methadone

- Available at Change Health Care
- Comes in a liquid to drink
- Reduces opioid withdrawal and cravings
- Longer history of using opioids

Suboxone

- Available from your family physician
- Comes in a dissolving pill for under your tongue
- Reduces opioid withdrawal and cravings
- Shorter history of using opioids