

EVENTS

1. Lanark County and Town of Smiths Falls Municipal Drug Strategy Networking Day October 26th

The Lanark County & the Town of Smiths Falls Municipal Drug Strategy Steering Committee provides strategic direction for the planning and implementation of a county wide municipal drug strategy, with a focus on the four pillars of: prevention, enforcement, harm reduction and treatment.

This education day is open to new and existing members – Municipal leaders, educators, service providers, enforcement officers, media, businesses, and all youth and adults concerned about substance use issues in our communities.

For free registration contact:

paula.davio@healthunit.org or 613-283-2740.

The event will be from 8:30 am-1 pm, with a light lunch included, at Beckwith Township Hall, 1702 - 9th Line Beckwith (White Municipal Building, corner 9th Line and Hwy #15 at Blacks Corners).

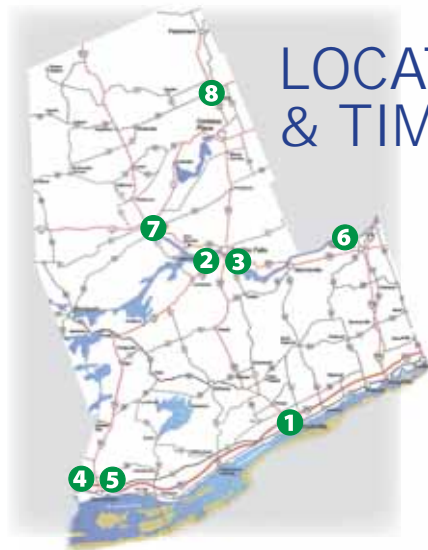
2. World AIDS Day December 1st



World AIDS Day is an opportunity for people to learn the facts about HIV and to show support for people living with HIV. The red ribbon is the international symbol of HIV awareness.

HIV can be passed through infected bodily fluids, most commonly via sex without a condom or by sharing infected needles, syringes, or other injecting drug equipment. There is no vaccine or cure for HIV, but many people are being treated and living full, active lives.

Come to any of the Health Unit clinics to be tested for HIV. To find the clinic closest to you call the Health Action Line at 1-800-660-5853 or go to www.areasafe.ca



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
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>4 Gananoque Health Unit
375 William St. S.
Mon – Fri: 8:30 – 4:30</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
8 Asa St.
Mon – Fri: 8:30 – 4:30</p> <p>7 Perth Clinic (Health Unit)
1 Sherbrooke St. W.
Mon: 10:30 –3:30</p> <p>8 Almonte Clinic (Health Unit)
95 Spring St.
Tues: 10:30 - 4:00</p> |
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Dates Closed

Health Unit sites 1 2 4 6 7 8 ONLY:

- ▶ Monday, October 8, 2012
- ▶ Monday, December 24, 2012
- ▶ Tuesday, December 25, 2012
- ▶ Wednesday, December 26, 2012
- ▶ Monday, December 31, 2012
- ▶ Tuesday, January 1, 2013



SEPT 2012

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 at:

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



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News ... things you should know

Health Warning

Tainted Cocaine

- It is estimated that up to 90% of all crack/cocaine in North America is being cut with an animal de-wormer drug called **Levamisole**.
- Levamisole causes your immune system's ability to fight off infections to go down.
- **If you have sores that look like bruises, then open up and scab over but do not heal (anywhere on your body) and have used cocaine recently seek medical attention immediately.**
- **If you have rapid onset of fever, chills, sore throat, pneumonia and have used cocaine recently, seek medical attention immediately.**
- **If these are left untreated, they can kill you!**



Please inform healthcare professionals that you have used cocaine recently, this will help them treat you faster.

Street Talk

Bath Salts

Also known as "Super Coke" or MDPV. Bath salts are a strong stimulant (upper). This new drug is manmade and is considered a "Research Chemical". These drugs can be purchased online but that does not make them legal. In late September, the Government of Canada officially announced that Bath Salts are now illegal to possess, traffic, import, or export, unless authorized by regulation.

How Powerful is it?

Its effects last longer and are much stronger than cocaine, meaning you don't need to take much to go over the edge. There have

been several reports across the globe of people experiencing severe psychosis to the point of harming themselves, killing themselves and harming others.

What Can You Do?

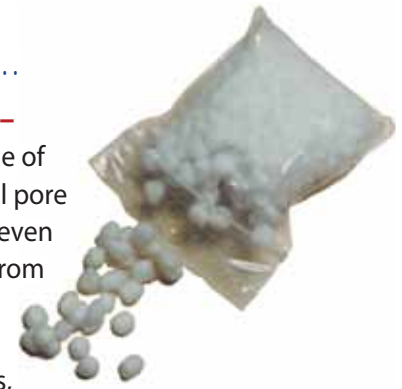
- Educate yourself about the drugs you are using.
- Ask around for personal experience with a new drug.
- If you are going to try it, go for a very small dose (1/10th of a usual hit of cocaine).
- Never try this drug alone. Always use in the presence of a trusted friend.

Photos used with permission from Toronto Public Health

Equipment ...

Filters or "puffs" –

Our filters are made of cotton with a small pore size that prevents even the tiniest pieces from being drawn into the syringe. **Never** use cigarette filters, tampons or cotton buds because they will let large pieces into the syringe and then into your veins causing "**Cotton Fever**".



Taking Care of Yourself ...

Cotton Fever?

No solid understanding of what causes *Cotton Fever*. It may be from unsafe and unsanitary injection practice or may result from injecting small cotton fibers or may be from using cigarette filters which contain dirt and fibreglass.

Signs and Symptoms:

- Chills
- Hot Flashes
- Fever 38.5 – 40.3 ° C within the first hour
- Uncontrollable shaking
- Headache
- Nausea
- Vomiting
- Shortness of Breath

What to Do?

Cotton Fever usually occurs immediately or soon after injecting. It usually resolves on its own within a few hours to a day with no medical help.

If your fever does not go away seek medical care from your Family Doctor, Nurse Practitioner or local Emergency Room.