

We want your opinion!

The Health Unit is looking for your opinion for which services to add to NSP.

- **Testing Services**
(HepC, HIV, STI's)
- **Vaccinations**
(HepA, HepB, Flu, etc.)
- **Wound Care**
(assessment and referrals)

Let us know at the Health Unit today!
Drop in, give us a call at
1-800-660-5853 or email
harmreduction@healthunit.org

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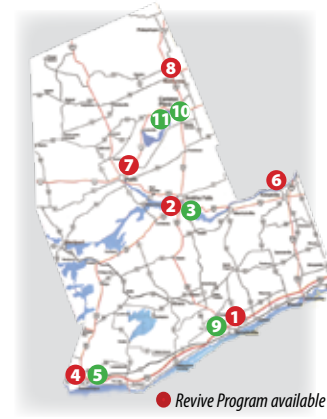
Sites in Leeds Grenville & Lanark Counties:

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) | 6 Kemptville Service Site
2675 Concession Rd.
Mon - Fri: 8:30 - 3:30
(closed 12 - 1) |
| 2 Smiths Falls Office
25 Johnston St.
Mon - Fri: 8:30 - 4:30
(closed 12 - 1) | 7 Perth Service Site
1 Sherbrooke St.
Mon: 10:30 - 4:00
(closed 12-1) |
| 4 Gananoque Service Site
375 William St. S.
Tues - Wed 8:00 - 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

- ▶ Monday, October 10, 2016
- ▶ Friday, November 11, 2016



SEP 2016

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

Calling 911

If you suspect an overdose calling 911 is the most important step in saving someone's life.

A Fentanyl overdose can happen quickly. Giving Naloxone can give you time to get to the hospital.



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■ World Hepatitis Day

July 28, 2016

Hepatitis is a disease that inflames the liver and is caused by a virus. It can lead to life threatening health problems, such as liver failure or liver cancer.

Some common symptoms of Hepatitis are: feeling tired, nausea, not hungry, stomach pain and yellowing of the skin, but many people do not experience symptoms and live with it for many years without knowing.

There are different types of hepatitis:

- Hepatitis B is spread through blood and other body fluids.
- Hepatitis C is spread through blood, most commonly from sharing needles and equipment for drug use.
- Treatment can help cure Hepatitis. Get tested. Get the treatment.
- At the Health Unit's sexual health clinic you can get tested for both Hep B and C!

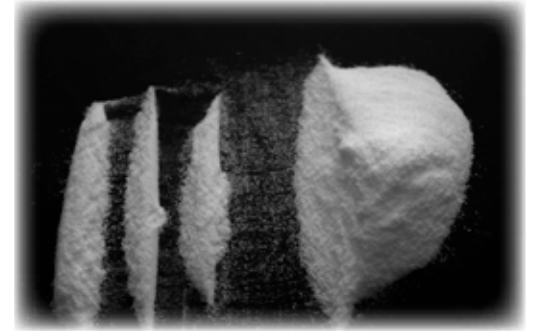
How to prevent hepatitis:

- Safe sex
- Do not share any equipment used for drug use, such as: needles, cookers, filters and crack pipes.
- Do not share anything else that could come into contact with blood, such as razors or toothbrushes
- Get vaccinated against Hepatitis A and B at the health unit for free. There is no vaccine for Hepatitis C.

■ Confirmed Bootleg Fentanyl in Leeds, Grenville and Lanark Area

8 vials of Bootleg Fentanyl (powdered) were seized in the Perth Area.

- It is also known as Faded 80's, K22's, greenies, or Fake oxy's.
- It is a very dangerous drug and possibly as little as 2 grains of salt can kill a person.
- It can be cut into a variety of street drugs including Cocaine.
- It is hard to know how much drug is in each pill or powder, take small amounts and fix with a friend.
- If it looks, smells or tastes different then be cautious about using it!
- Be careful at parties and festivals; know what you are taking and what is in it.



■ Naloxone

Naloxone is the antidote to an opioid overdose, it can save your life! Come to the Health Unit to get a kit!

So far the Health Unit has given out 124 Kits! 13 kits have been used and saved **13 lives!**

If your kit was used, lost or stolen please come back to the Health Unit to get a new one!

If you have a kit and it has 2 vials of naloxone bring your kit back to the health unit to receive another vial of naloxone.



■ International Overdose Awareness Day

August, 31, 2016

Recognize the signs and symptoms of an opioid overdose:

- Breathing will be slow or gone
- Lips and nails are blue
- Person is not moving
- Person may be choking or vomiting
- You can hear gurgling sounds or snoring
- Can't be woken up
- Skin feels cold and clammy
- Pupils are tiny
- Body is limp