

Smart Works Space in Brockville

We are hearing great reviews on the new space. Come check it out!

- Find us to the right of the main entrance, next to the black box (Smart Works sign is on the door).
- Get your new equipment for injecting and inhaling drugs safely (needles, cookers, water, pipes, screens, etc.) and bring back used equipment.



COMMUNITY
HARM
reduction
Steering Committee



smartworks

smartworks

Sites in Leeds Grenville & Lanark Counties:

Change Health Care Smiths Falls
13 William St. W. 613-283-0359

Gananoque Pharma Save
220 King St. E. 13-382-1333

Change Health Care Brockville
244 King St. W. 613-423-2424

Carleton Place Shopper's Drug Mart
315 McNeely Ave. 613-253-5595

Change Health Care Carleton Place
68 Bridge St. 613-492-3222

www.healthunit.org/harmreduction/locations.html

Leeds, Grenville & Lanark District Health Unit

These Smart Works sites also offer
the Revive Naloxone Program:

1-800-660-5853

Brockville Office

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

Smiths Falls Office

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

Gananoque Service Site

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

Kemptville Service Site

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

Perth Service Site

1 Sherbrooke St.
Mon: 10:30 - 4:00
(closed 12 - 1)

Almonte Service Site

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

Dates Closed

Health Unit sites:

- ▶ Monday, September 4, 2017
- ▶ Monday, October 9, 2017



SEP 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

NEWS

We are hearing from clients that there has been more crystal meth and heroin in the area. Read below or contact the Health Unit for more information on these drugs.

Crystal Meth

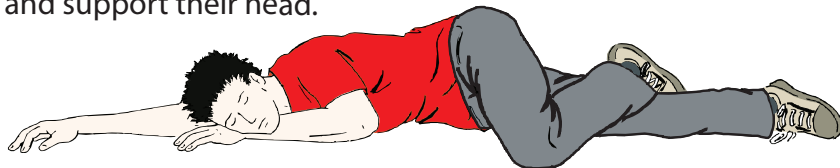
Signs of Overdose:

A person may only have 1 sign or symptom

- Red face
- Very fast or irregular heart beat
- Sweating
- Fast breathing and/ or eye movement
- Aggression, anxiety and/or extreme paranoia
- Hallucinations
- Fever
- Shaking or trembling (jerky body movements)
- Stroke or heart attack

Responding to a crystal meth overdose:

- Call 911 and stay with the person, if you can't stay still call 911 and leave doors unlocked.
- A crystal meth overdose can look different in different people, ranging from distress or heart attack to the person being unresponsive.
- Bring them to quiet space if possible.
- Apply cool cloths to their neck and forehead.
- Check if they are breathing and have a pulse. If there is no pulse or signs of breathing call 911 and start CPR if you are trained.
- If the person is having seizures or convulsions, clear a space, put them into the recovery position and support their head.



Heroin Alert

- Different types of heroin have been reported in the Toronto to Kingston area
- All are suspected to contain illicit fentanyl
- Be prepared! Get your Nasal Spray Narcan kit at the Health Unit!



Overdose Prevention:

- Don't use alone
- Avoid mixing drugs
- Tolerance: Use less of the drug after taking a break.
- Inconsistent Drug Quality & Potency: Use small amounts at first. Does it look, taste and smell normal?

Source: Central Toronto Community Health Centres (CTCHC) and Canadian AIDS Treatment Information Exchange (CAITIE) (2017). *Tips for Preventing Crystal Meth Overdoses*. Retrieved from <http://librarypdf.catie.ca/PDF/ATI-20000s/26545.pdf>