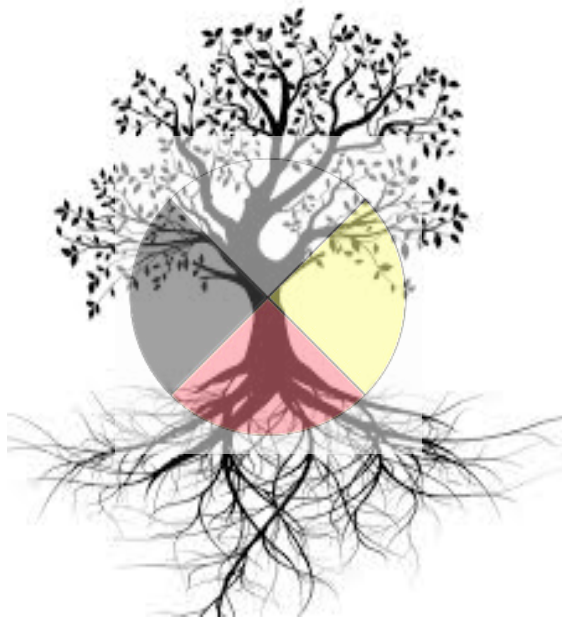


Connections



Our community is here to help, no matter what season you are in.



Updated March 2022

AVOID / TREAT INFECTION Harm Reduction Health Tips

It's important to stay as healthy as possible while using substances

Help AVOID infections by following these tips

- Wash or sanitize hands
- Use your own NEW/ STERILE equipment every time
Avoid sharing anything including pipes, smokes and joints
- Don't bite off the filter or lick, touch or blow on the needle - that can increase chances of harmful bacteria getting in the bloodstream
- There are three major sources for infections when injecting: SKIN, AIR & BLOOD
- Skin - clean hands and injection site with alcohol swab, rubbing in ONE direction BEFORE use
- Air - keep equipment sealed until ready to use; dirt settles on open items like rigs, water, spoons
- Blood - even when you can't see it, blood can carry Hep B, Hep C & HIV

Call any of these numbers for Harm Reduction Supplies and Naloxone Kits:

PCRS: 604-795-5994 or 604-798-1416

Stó:lō Service Agency: 604-858-3366

WAYS TO STAY SAFE

1. Explore options not to use alone

- If you do use alone, tell someone before you use, leave the door unlocked and have someone come check on you
- Get the LifeguardApp



- OR call the **National Overdose Response Service (NORS) 1888-688-NORS (6677)**

2. Know your tolerance

Do a tester; try a little before your regular dose

3. Don't mix drugs

If you mix drugs and alcohol, use the drugs before alcohol, try to take one thing at a time

4. Know the quality of the drugs

Have your substances checked at:

- Public Health Unit
Monday - Friday 9am to 4pm
- At PCRS

5. **Keep a naloxone kit close by and be ready to give breaths and call 9-1-1.** Increasing amounts of **benzos** have been found in the drug supply, complicating overdose reversal. Overdoses that involve benzos will not be fully reversed by naloxone and need to go to hospital for treatment.

IF YOU GET AN INFECTION, SEEK MEDICAL ATTENTION

ABSCESSSES

Untreated abscesses (areas that are swollen, or red in colour, or hot to touch) are dangerous. Without treatment you can get swollen lymph nodes, blood, bone or heart infections leading to limb amputation, even death.

ENDOCARDITIS

This is when bacteria gets into your blood stream, and can very quickly make you seriously ill if left untreated. In just a few days symptoms could include fever, chest pain, shortness of breath, cough, bruising on palms & soles of feet, delirium. Endocarditis can also lead to death.

New Hope Clinic

Located at Ruth and Naomi's Mission
Open Wednesdays and Fridays 9am-12pm

A welcoming environment prepared to help you address medical needs

- General health care
- Referrals to specialized care
- Immunizations
- Wound and foot care
- Connections to other resources

Developing healthy harm reduction habits will help to keep you safe. It will also keep others safe, including those who may learn from you.