

## Immunizations

**Free** immunizations are now available at:

- Smart Works program in Brockville & Smiths Falls
- Change Health Care in Brockville, Smiths Falls and Carleton Place.

Check out the Health Unit's new website! On the [Harm Reduction](#) page you can find information about:

<http://healthunit.org/health-information/drug-use-harm-reduction/>

- » [Revive Naloxone Program](#)
- » [Needle Syringe Program](#)
- » [Safer Inhalation program](#)
- » [Steroids](#)
- » [And more!](#)

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](http://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)



APR 2018

**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](mailto:harmreduction@healthunit.org)
- [www.healthunit.org/harmreduction](http://www.healthunit.org/harmreduction)

## Hepatitis B

Hepatitis B is an infection of the liver caused by the hepatitis B virus.

Hepatitis B is spread most commonly through body fluids (e.g., during sex without a condom) and through blood (e.g., when sharing drug equipment). Other ways Hepatitis B can be spread are through sharing household items such as razors or toothbrushes etc.

Many people with hepatitis B may not know they have an infection. Symptoms can take 2 to 3 months to appear.

### Symptoms include:

- Feeling tired
- loss of appetite
- nausea and/or vomiting
- joint and/or abdominal discomfort or pain
- yellowing of the skin and eyes, rash, dark pee

Hepatitis B can be prevented by a vaccine, using condoms during sex and not sharing drug use equipment such as needles, cookers, water, and pipes etc.

The Hepatitis B vaccine is available for free! Ask a public health nurse for more information

<http://www.catie.ca/en/fact-sheets/sti/hepatitis-b/key-messages-hepatitis-b>

## Sexual Transmitted Infections (STI's)

STI testing and birth control are now available with a Public Health Nurse at Change Health Care in Brockville every Tuesday!

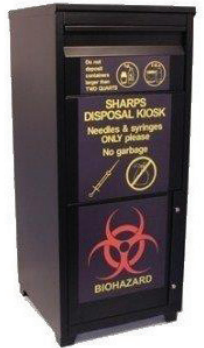


## Where does your gear go?

Remember to get a yellow sharps container from any Smart Works site. If that is not an option use a plastic container with lid to store your used needles.

## Dispose used needles at the following 3 options:

1. Black boxes at any time: located at the Leeds, Grenville and Lanark District Health Unit: Brockville and Smiths Falls office, Gananoque and Almonte service sites or Smiths Falls Lower Reach Park.
2. Any Smart Works sites listed on the back of this pamphlet.
3. Take it back to an accepting pharmacy



**Please, do not place used needles in garbage cans, parks, sides of the road or anywhere else in the community.**