

## Immunizations Coming Soon

- FREE Immunizations will be available soon at the Brockville Smart Works Site
- Ask a Public Health Nurse at the Smart Works clinic for more information



## Holiday Hours

### Dates Closed

#### Health Unit sites:

- ▶ Friday, December 22, 2017
- ▶ Monday, December 25, 2017
- ▶ Tuesday, December 26, 2017
- ▶ Friday, December 29, 2017
- ▶ Monday, January 1, 2018

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)



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

## NEWS

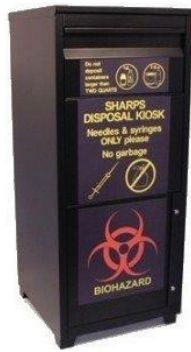
### Carfentanil has been found in Lanark County, Kingston, Cornwall & Ottawa

- Don't use alone
- Don't mix drugs
- Use a small amount and test your drug first
- If you are trying a new drug or haven't used in a long time, use a small amount first
- Know the signs of an opioid overdose
- Get a naloxone kit (locations on the back of newsletter)
- **Call 911** for all overdoses



### Hepatitis C

- Hepatitis C, is passed on by blood. Make sure you use new needles and equipment each time. Even filters, cookers, water and swabs should be new each time you use.
- All of the equipment can carry blood and should not be shared.
- You could have Hep C and not know it.
- You could have it for many years without showing symptoms, **Get Tested!**
- Ask staff at the Smart Works program about getting tested today!



### 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.**



### Get Your Flu Shot!

- The flu causes coughing, fever, chills, runny nose, sore muscles, think of it like a "head cold"
- The flu can be passed on by coughing or sneezing
- The flu vaccine is recommended for everyone older than 6 months, especially for people who have weak immune systems or other medical conditions (diabetes, asthma, HIV)
- We never know how many people will get sick with the flu each year; but our flu season is expected to be similar to Australia's where the number of cases was 2 times higher than it was last year.
- It's not too late to get your flu shot. You can get it for free from your **health care provider** or at many **pharmacies**.
- Remember it takes 2 weeks for the vaccine to start working and the flu season is expected to start the end of December and end in February.