

## Cleaning Needles and Syringes

Cleaning is not 100% safe, but it is better than sharing. If you are forced to re-use an old syringe, use one of your own.

### Step 1:

Rinse in cold water until there is no blood visible in the syringe. Do not use hot water.

### Step 2:

1. Fill the barrel with chlorine bleach
2. Shake for 30 seconds
3. Rinse with clean, cold water
4. Repeat at least two more times

## Infections

### Abscesses

Abscesses will first appear as a reddish swelling which may feel hot to the touch. They can develop into a hard pus filled core for which you will need to seek medical attention.

**Reduce your chances of abscesses by cleaning the site with an alcohol swab.**

### Dirty Hits

Dirty Hits are caused by the injection of foreign substances into your blood stream, for example dirt off a filter, loose hair in the mix, etc. The symptoms are the shakes, vomiting, sweating, severe headaches, fever and occasionally kidney pains.

**They are all best treated with acetaminophen, rest and drinking a lot of fluids.**

### Septicemia

Septicemia is blood poisoning, caused by bacteria in the blood stream. It is essential to seek medical attention immediately, as it is could be fatal.

## Safer injecting means:

**Never sharing:** Don't share your needles, water, mix, cookers, filters, or tourniquets.

**Keeping it sterile:** Swab your fingers, and the injection site before injecting.

**Safe disposal:** Always recap your needle, place it in a hard walled container, and return it to your local needle exchange.

## Fixed Sites

### Acton

372 Queen Street  
Tuesday • 11:00 a.m. – 5:00 p.m.

### Burlington

3350 Fairview Street  
Monday – Friday • 1:00 p.m. – 4:30 p.m.

### Georgetown

280 Guelph Street, Unit 76  
Thursday • 1:30 p.m. – 5:00 p.m.

### Milton

217 Main Street, Suite 13, 2nd Floor  
Wednesday • 1:30 p.m. – 5:00 p.m.

### Oakville

232 South Service Road East, Unit B  
Monday – Thursday • 1:00 p.m. – 4:30 p.m.

# IV Drug Use Reducing Your Risk



## Exchange Works

### Needle Exchange Program

All services are free  
and confidential



HE-14002

Halton.ca ☎ 311

# Exchange Works

## Needle Exchange Program

### Our Goal

To reduce the spread of HIV/AIDS and other blood-borne illnesses, such as hepatitis B, and hepatitis C amongst intravenous drug and steroid injection users.

### Services include:

- Needle exchange
- Alcohol swabs & sterile water
- Cookers, tourniquets, filters
- Safer crack use kits
- Steroid injection equipment
- Condoms & lube
- Hepatitis A & B vaccinations
- HIV testing
- STD testing
- Information on safer injection
- HIV/AIDS & Hepatitis education
- Counselling & treatment referrals

### Mobile Outreach Services

#### Hours

Tuesday – Thursday, 6:00 p.m. – 10:00 p.m.

Friday, 3:00 p.m. – 7:00 p.m.

Call: 905-330-3305

In North Halton call: 905-702-4200



### Safe Injecting

#### What You Need To Know

- Injecting is the most complicated and risky way you can do drugs.
- Snorting, smoking, or swallowing drugs are safer than injecting.
- This advice is for people who choose to inject. It outlines all the things you need to do to take some of the risk out of injecting.

#### Aseptic Injection

Aseptic injection is a way of injecting that reduces your risk of getting an infection from shooting up. It helps to avoid becoming infected with hepatitis B, hepatitis C, or HIV.

- Using a clean syringe is probably not enough to avoid hepatitis, as it can be spread by very small amounts of blood.
- The basic idea is that no blood gets transmitted from one person to the next.
- This means not sharing syringes, water, cookers, filter, swabs or tourniquets.

**Use new equipment for every hit. Wash your hands and the injection site before touching anything or anyone else.**

### The Syringe

The only safe thing is to **use a new syringe for every injection**. You should always try to get new syringes, either through a needle exchange or a pharmacist. Stock up on syringes so you don't run out.

### The Cooker

Always use a new cooker, for each injection. Sterile-disposable cookers are available from your needle exchange. If you are using a spoon, before mixing up, wipe it with a sterile alcohol swab then rinse with clean cold water. Do not use silver spoons as they tarnish, it affects your taste and results in dirty hits.

### The Filter

Always use a new filter, there is no safe way to use an old one. Avoid storing up old filters, as fungus can grow in the cotton resulting in dangerous infections. Make sure you wash your hands before handling your filters. Cigarette filters contain glass fibers, which can damage veins, use dental cotton or the corner of an alcohol swab.

### The Water

If at all possible use sterile water for mixing up. Bottles of sterile water are available at pharmacies and needle exchanges give them out for free. If sterile water is not available use flat mineral water or cooled boiled water. Use freshly boiled water, not the water that has been sitting in your kettle since breakfast.