

Information About Harm Reduction for Patients Who Use Drugs

While you were here today, we talked about injection drug use.

There are health risks associated with injection drug use, as well as other types of drug use. If you are using drugs we want to make sure you know strategies to reduce drug related harms, and prevent things like skin and soft tissue infections, disease transmission, and overdose.

The safest option for your physical health is to stop using drugs - if you're interested in treatment options we have listed clinics at the bottom of this list. Feel free to call any of them for questions about treatment or to get started.

1. NEEDLE AND SYRINGE EXCHANGE

Sharing needles increases your risk of diseases like HIV and Hepatitis. It is **very** important that you always use a new, sterile needle and syringe if you are going to inject drugs, even reusing your own can cause vein and tissue damage.

Exchange your used supplies and get sterile ones at:

Location Name	CARE, INC. in the Lower Parking Lot
Location Address	2310 1st Street Tillamook, OR 97141
Hours (Days/Times)	1st and 3rd Wednesday of the month 11 am - 1 pm
Phone number	503-842-3940
Website	https://ourtillamook.org/needle-exchange/

2. BE CLEAN & CAREFUL WHEN INJECTING!

Always clean the area you are going to inject *first* with alcohol swabs or soap and water to prevent getting bacteria into your blood. You also want to be careful not to miss veins because this can lead to abscesses/infections and other complications.

For details on how to inject more safely, search on YouTube for "how to inject heroin" and it will show you the safest ways. Harm Reduction Coalition also has a booklet, Getting Off Right, that is free for download on their webpage and details harm reduction strategies to reduce infections, take care of your veins and get the safest possible supplies

3. IF YOU ARE USING ANY DRUGS, BUT ESPECIALLY OPIOIDS LIKE HEROIN OR FENTANYL, **ALWAYS HAVE NALOXONE ("NARCAN") WITH YOU IN CASE SOMEBODY OVERDOSES**

Naloxone is available from syringe services programs, in some states over the counter or with a prescription from your doctor. You should **always** have Naloxone in your pocket since it can save somebody's life just by spraying it into the back of their nose after an overdose.

Note that **there have been times when drugs like methamphetamines or cocaine have caused symptoms that appear like opioid overdose, and people have suspected the presence of fentanyl.** So it is best to always have Naloxone with you no matter what drug you are using.

For instructions on administering Naloxone, see California Department of Public Health's "Administering Naloxone" video <https://tinyurl.com/CA-Naloxone>.

4. WHEN IN DOUBT, YOU ALWAYS HAVE US HERE!

We know drug use is complicated, scary, and has its ups and downs. If you get sick, overdose, are withdrawing from drugs, or have any other urgent concerns and need a safe place to go, you can ***ALWAYS*** come here!!! We are open 24 hours a day, 7 days a week, 365 days of the year. We're here for you any time.

If you have questions or concerns, call our Substance Use Navigator:

Name of Substance Use Navigator	
Phone	
Hours (Days/Times)	

FOLLOW UP CLINICS

Follow up with any of the local MAT clinics we work with.

Name of Clinic	
Location (Address)	
Hours (Days/Times)	
Phone number to schedule an appointment	

TRANSPORTATION OPTIONS TO YOUR CLINIC VISITS

If you are concerned about getting transportation to your appointments, you can call LogistiCare for transportation services covered by your insurance provider. This information may vary from county to county.

To determine additional coverage in your area: www.logisticare.com/reservation-numbers-location-map

- Blue Shield Health Plan – 866.290.9662
- Anthem Blue Cross Health Plan – 877.931.4755
- Health Net Cal Medi-Connect – 866.799.4465
- Health Net Medi-Cal Health Plan – 855.253.6863
- All other Health Plans – 877.440.7433



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More resources available www.CABridge.org