



# Your Health Matters



## Overdose Prevention – Naloxone

The Public Health Department pharmacy offers free Naloxone kits, which are used to reverse Opioid overdoses! For more information, visit the pharmacy or **Contact 919-560-7632**

## Alliance Behavioral Healthcare

Call the Access and Information Center 24 hours a day if you need:

- help finding services for mental health and substance use, including medication-assisted treatment
- information on community resources
- crisis help by phone or to arrange emergency care

**Contact 1-800-510-9132**

## Freedom House Recovery Center

Contact for:

- help finding services for mental health and substance use
- mobile crisis management
- rehabilitation/halfway house services

**Contact 919-251-8806**

## HIV/Hepatitis C (HCV) and STI Testing

*FREE* and confidential testing for HIV, HCV and STIs.

### Testing Hours:

Monday-Friday 8:30am-Noon & 1pm-5pm

Tuesdays until 6pm.

No afternoon testing 1<sup>st</sup> Wednesday of the month.

**Contact 919-560-7601**

## HCV Linkage to Care

Treatment is available for Hepatitis C! If you test positive for HCV, for *free* assistance with appointments, referrals and support **contact Candice Givens at 919-560-7750**

## Medication-Assisted Treatment

### BAART Community HealthCare

Offers methadone maintenance treatment and counseling. **Contact 919-683-1607**

### Lincoln Community Health Center

Provides treatment with Suboxone, HIV and Hepatitis C treatment, primary care and behavioral health services, WIC and services for the homeless.

**Contact 919-956-4068 (MAT Program)**

**Contact 919-560-7726 (Primary Care)**

## NC Access to Recovery

Peer coaching and assistance with accessing substance use treatment for students and veterans. **Contact 919-231-0248**

## HIV Prevention Program (PrEP)

PrEP (Pre-Exposure Prophylaxis) is a medication to help prevent you from contracting HIV. If interested, **Contact Gwen McKnight at 919-560-7300** or **Cedar Eagle at 919-560-8819**

## Durham Network of Care

Directory of services and support in the Durham community. Includes addiction, housing, mental health, and much more. <http://www.durham.nc.networkofcare.org/mh/>

## Pregnancy Care Management

Provides care management for Medicaid eligible pregnant women through prenatal period and up to 8 weeks after birth.

**Contact 919-560-7851**



# Your Health Matters



## How to get New, Free Syringes

Safe Syringe Kits are available at the Public Health Department pharmacy. Participants receive anonymous services and limited protection from prosecution. **Be sure to take plenty of supplies so that you can use new equipment every time you inject.**

### Hours:

Monday-Friday 8:30am-5pm

No afternoon hours 1<sup>st</sup> Wednesday of the month.

**Contact 919-560-7632**

## How to Dispose of Used Syringes

Safely dispose of used syringes at the Public Health Department pharmacy and laboratory. Sharps containers available.

### Hours:

Monday-Friday 8:30am-5pm

No afternoon hours 1<sup>st</sup> Wednesday of the month.

**Contact 919-560-7632 or 919-560-7618**

## Housing

### Urban Ministries of Durham

Offers shelter, meals, and a food pantry.

**Call 919-682-0538**

### Durham Rescue Mission

Offers shelter and an addiction recovery program.

**Contact 919-688-9641**

### Healing with CAARE, Inc

Provides transitional housing for male veterans who are homeless.

**Contact 919-683-5300**

## Safer Injection

Following safer injection practices can help prevent you from becoming infected with HIV or the Hepatitis C Virus. It can also protect you from bacterial infections, such as endocarditis (a heart infection) and skin infections such as cellulitis and abscesses.

- Before injecting, clean the area with an alcohol pad by rubbing in one direction and letting dry.
- Always use a new rig and equipment. Even if you never share, it's important to use new equipment in order to prevent bacterial infections.
- Use sterile water.
- Use cotton filters, not brittle filters like cigarette filters.
- Don't lick your rig, this can introduce bacteria.
- Use gauze to press on injection site to stop bleeding (alcohol wipes prevent clotting).
- Rotate your injection sites, don't use the same site more than once every couple of days.

## Wound Care

Signs that you might have a skin infection include:

- Raised skin that is tender or painful
- An area that is warm to the touch
- Hardened tissue
- Possible drainage of pus
- Redness or rash
- Fever

If you are experiencing any of these, it is important to get medical attention as you may need an antibiotic. In the meantime, you can use antibacterial ointment and cover with a bandage to promote healing. Avoid injecting near an abscess, and don't try to lance an abscess on your own.



Public Health

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