

OUR OTHER SERVICES

- Primary care for low-income and uninsured residents in the Greater Richmond area
- Sexually-transmitted disease (STI) testing and treatment
- Mental Health & Wellness (counseling, meditation, support & other groups)
- Transgender health services



health brigade



For Comprehensive Harm Reduction
(804) 358-6140

For Medical Services
(804) 358-6343

For HIV Testing
(804) 358-6343, ext. 102

For Transgender Services
(804) 358-6343, ext. 143

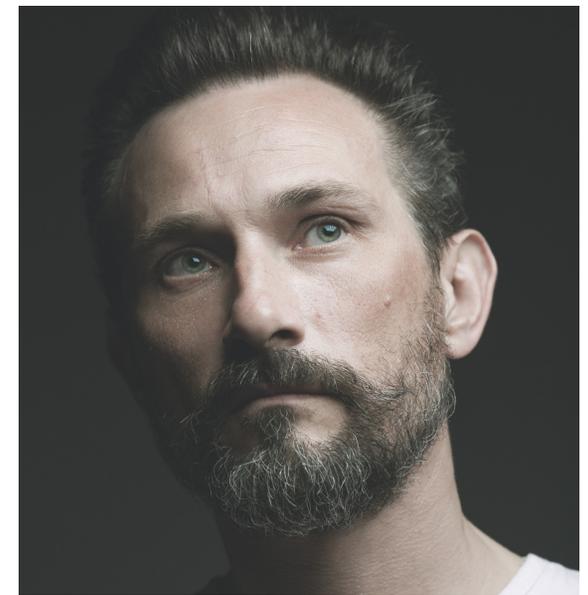
For Mental Health & Wellness
(804) 358-6343, ext. 116



1010 N. Thompson St.
Richmond, VA 23230



www.healthbrigade.org



COMPREHENSIVE HARM REDUCTION (CHR)

Options and tools for the safer use of drugs

A program of



health brigade

Hours

Monday
5 PM - 8 PM

Friday
1 PM - 4 PM

WHAT IS A CHR PROGRAM?

Health Brigade's Comprehensive Harm Reduction (CHR) program provides information and materials to give you options for safer drug use. These include clean needles, syringes, cookers, filters, and more. CHR services are free.

WHY ARE THESE THINGS NEEDED?

Opioid overdoses are a Public Health Emergency in the state of Virginia. There are over 1,000 opioid overdose deaths a year in Virginia.

The virus that causes HIV is spread through blood and sexual contact.

Hepatitis C, which spreads through blood, is increasing in Virginia due to injection drug use. The number of new cases of Hepatitis C in Virginia has more than doubled since 2011.

There are things you can do to be safer when injecting drugs.

SAFETY TIPS

Do a test shot. When using a new supply or dealer, 'test' the strength. Inject slowly.

Avoid using alone. This can put you at a higher risk of overdosing because no one is there to help you. Use with a friend and/or ask someone to check on you.

Keep your tolerance in mind. If you have not used in awhile, your body can't handle the same amount it did before. Use a smaller amount.

No clean equipment? Try using other methods, like snorting or smoking or use a bleach kit.

ALWAYS CARRY NALOXONE (NARCAN)!

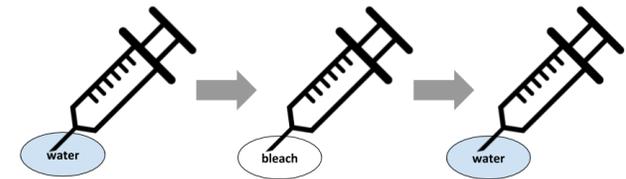
Naloxone (also known as the brand name, Narcan) is a drug that can reverse an opioid overdose. It is easy to use and FREE!

You can get naloxone for free from Richmond City Health District, 400 E Cary St, 1st floor on the 2nd Friday of each month (1-4 pm) or the third Tuesday of each month (5-7 pm).

Note: After giving someone Naloxone/Narcan, it is important to call 911 in case the person needs another dose or other medical help. Virginia's "Safe Reporting of Overdoses" Law states that you can avoid being prosecuted if you fully work with police, although this may mean participating in an investigation.

SAFER

- Not injecting: smoking or snorting drugs instead
- Using, unused equipment every time you inject
- Cleaning your own equipment every time with bleach kits



How to clean your syringe with bleach

1. Fill syringe with clean water, tap or shake syringe for 30 seconds. Empty.
2. Fill syringe completely with full strength bleach. Do not mix in water. Tap or shake syringe for 30 seconds. Empty.
3. Fill the syringe with NEW clean water, tap or shake syringe for 30 seconds. Empty. Cookers should be cleaned with water and bleach also.

LESS SAFE

Sharing, lending, or borrowing equipment. *Even when cleaned with bleach kits, sharing equipment can spread HIV and Hepatitis C.*