

What Diseases Am I At Risk For?

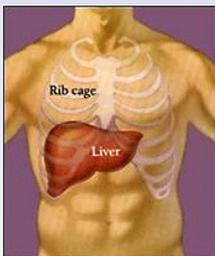
There are many germs that live in blood and body fluids that can be spread from person to person. Sharing needles or other equipment, not cleaning needles correctly between uses, or having sex with someone who is infected can spread disease.

Hepatitis B virus (HBV) causes hepatitis B, which is a disease of the liver. Half of people with HBV infection don't have symptoms and some can have it for a long time. The good news is there is a vaccine to prevent it.

Hepatitis C virus (HCV) causes hepatitis C, which is also a disease of the liver. Almost all people with HCV don't have any symptoms and when you get it, you usually have it for life.

HIV is the virus that causes AIDS. You can have HIV for a while, sometimes years, without feeling sick. That means you can pass it on to someone else and not even know it.

Following the tips in this brochure can help you *protect yourself* and *protect others*.



Recovery Resources in Southwest Virginia

Frontier Health: Outpatient centers that provide a full range of counseling, therapy, diagnostic, substance abuse, co-occurring, crisis, education, recovery, and medication management services.

Lee County Behavioral Health Services

34084 Wilderness Rd, Jonesville. 276-346-3590.

Scott County Behavioral Health Services

1006 US Hwy 23 N., Weber City. 276-225-0976.

Wise County Behavioral Health Services

3169 Second Ave, E., Big Stone Gap. 276-523-8300.

His Ministries: Prevention and intervention services and programs for substance abuse, including support classes for women and free substance abuse counseling. 407 Wood Ave, Big Stone Gap.

Contact: Shirley Smith, Director. - 276-523-7447.

Celebrate Recovery: Faith-based support group program. Norton Freedom of Worship Church. 308 Coeburn Ave SW, Norton.

Contact: Dena Rickman, 276-328-6876

Watauga Medical Group: General medical clinic with sliding fee schedule. Suboxone clinic for recovery patients. 300 Valley St, Abingdon.

Contact: 276-206-8197.

Tri-City Recovery: Non-residential program that provides Christian discipleship training. 1119 Commonwealth Ave, Bristol, VA.

Contact: 276-644-3133.

The Laurels Recovery Center: Detox, individual/group counseling, education, peer support, 12 step groups, psychiatric evaluation, medication management. 216 Gilmer ST, Lebanon.

Contact: 276-889-3063.

Need help NOW??

Crisis services available 24/7 through Frontier Health.

Lee County: **276-346-3590** Scott County: **276-225-0976**

Wise County: **276-523-8300**

Other questions about how to reduce your risk of getting a disease?

Lee County Health Dept: **276-346-2011**

Scott County Health Dept: **276-386-1312**

Wise County Health Dept: **276-328-8000**

Disinfect Syringes to Reduce Disease Risk

Protect Yourself and Protect Others



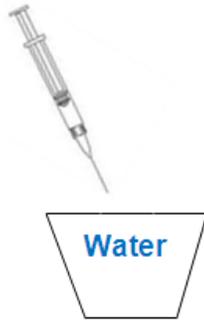
LENOWISCO Health District
VDH VIRGINIA
DEPARTMENT
OF HEALTH

THREE STEPS, THREE CUPS

If you must reuse your syringes, follow these 3 steps *each time* to **flush** out the syringe, **disinfect** it with bleach, and **rinse** it to wash out the bleach. This will help reduce the risk of spreading disease.

STEP 1—FLUSH WITH WATER

- Fill syringe with clean water from **cup #1**.
- Shake the syringe and tap it.
- Squirt the water out, such as into a sink, toilet, or bucket.
- Repeat if possible.
- It's best to do this until you can't see any blood.



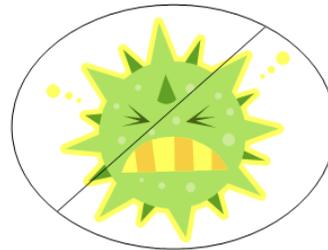
Why? This step removes blood and drugs.

STEP 2—DISINFECT WITH BLEACH

- Fill syringe with fresh, full-strength bleach from **cup #2**.
- Shake the syringe, tap it, and then let it sit for **30** seconds.
- Squirt the bleach out, such as into a sink, toilet, or bucket.



Why? This step kills viruses and germs that can make you sick.



STEP 3—RINSE WITH WATER

- Fill syringe with clean water from **cup #3**.
- Shake the syringe and tap it.
- Squirt the water out, such as into a sink, toilet, or bucket.



Why? This step washes out the bleach and any viruses that are left in the syringe.

Other tips:

DO NOT share your cups with anyone else or use someone else's cups.
ALWAYS change your water and bleach at least once per day.



PROTECT YOURSELF TO STAY HEALTHY

- The best advice is to **stop injecting** and get into **substance abuse treatment**.
- If you can't do that, the next best thing is to use a new sterile syringe **every time** and NEVER reuse or share syringes, spoons, water, solutions, or cotton. HBV, HCV, and HIV can be spread by sharing those items. **Any** item contaminated with blood can contaminate other items and transmit disease.
- Wash your hands and arms.
- Make sure any surfaces your skin or blood might touch are kept clean.
- If you are having sex, use a latex condom every time and use *water-based* lube because that kind of lube won't destroy the condom.
- If you aren't already, **get vaccinated** against HBV.