**Our Drop In Services**

- Syringe access and disposal
- Safer smoking kits
- Overdose education
- Naloxone and fentanyl test strips
- Shower and bathroom facilities (till 2pm)
- Onsite Laundry services (last load at 2pm)
- Community Lunch (every Wednesday)
- Community Clothing Closet

**Peer Groups and Activities**

- Yoga (every Tuesday and Thursday)

**Harm Reduction Counseling**

- Onsite case management services
- Wound Care, HEP C + HIV testing and treatment with Baltimore City Health Department Van (every other Wednesday)
- COVID-19 vaccine clinics (call to check times)
- PPE and Hand Sanitizer
- Safer Sex Materials

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**Case Management Services**

- Housing First Model
- Assistance in applying for housing
- Assistance in applying for benefits
- Connection to Mental Health and Medical care
- Transportation support
- Prescription support
- Substance use treatment
- Budget Management
- Assistance in obtaining personal documents; ID's Birth Certificate

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**Find us online!**

charmcitycareconnection.org/

- @charmcitycareconnection
- facebook.com/Charmcityclinic/

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**Harm Reduction Tip of the Week!**

5/16/22

1214 N Wolfe St, Baltimore, MD 21213

443-478-3015

**Hours**

Mon-Thurs

Open 10am-12:00 pm & 12:30pm-3:30pm

Closed 12-12:30pm

**Closed all day Friday**

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**Charm City Care Connection**
1 SHOT = 1 NEW NEEDLE/SYRINGE

In order to avoid the spread of harmful bacteria, viruses, and other blood-borne pathogens, it's recommended that you avoid sharing needles/syringes, cookers/spoons, and cotton/filters.

New needles, cotton filters, and cookers are sterile, which means they are free of biological matter that can lead to infections.

Using a new, sharp, sterile needle for every injection, avoiding sharing tools, and then disposing of your tools after using, is the safest way to use.

It's also important that you not reuse your own needles/syringes.

New needles quickly dull can cause unnecessary trauma to your veins and surrounding tissues like -large puncture wounds -increased bleeding -uncomfortable insertion

When obtaining needles/syringes and safer drug use tools, try to get an ample supply so that you don't have to reuse/share.

If you must share or reuse needles/syringes, please be sure to clean them thoroughly before reuse.

"Cleaning needles and syringes is a complicated process that, even if done according to the best scientific advice currently available, is not a 100% fool-proof method of avoiding harmful bacteria, viruses, and other blood-borne pathogens."

Getting Off Right by Harm Reduction Coalition

These cleaning instructions help reduce the likelihood of transmitting blood borne illnesses; however, even with thorough cleaning, biological matter can remain in the needle/syringe.

1. Rinse the needle/syringe with cold water several times -hot water can clot the blood and make it stick in the needle/syringe -if the needle/syringe is detachable, you can get a more thorough clean by taking it apart

It's strongly recommended that you do not attempt to sharpen a needle -it can create a rough edge on the needle that can damage the veins -it can weakened the point of the needle causing it to break off in the vein

2. Flush the needle/syringe with undiluted, household bleach, be sure to fill the syringe all the way up with it -shake the bleach in the syringe for 2 full minutes

"Important: In order for bleach to kill hepatitis B that might be in the syringe and/or cooker, you must leave the bleach in the syringe and cooker for a full two minutes. It is unclear whether bleach kills hepatitis C, even after two minutes. This should also kill any HIV that might be in the equipment. (30 seconds is believed to do this.)."

Getting Off Right by Harm Reduction Coalition

3. Thoroughly rinse bleach out of the needle/syringe with clean cold water -be sure to discard of the bleach & the water used -if you don't have bleach you can use the following hydrogen peroxide dishwashing liquid & water rubbing alcohol high proof drinking alcohol (vodka/rum)

Please note that cotton should never be shared, once used there is no way to sterilize it. Split your cotton before using.

Please also note that you should not share used water. Water is 1 of the most efficient ways to pass infections.