

Harm Reduction

Fact Vs. Myth

FACTS ABOUT HARM REDUCTION

1. Harm reduction
DOES NOT
promote drug use

2. Harm reduction
DOES NOT
increase crime and
make communities
less safe

3. Abstinence based
programs **ARE**
NOT the only ways
people get better

4. Harm reduction
IS NOT a drain on
taxpayer money

5. Harm reduction
DOES NOT make
it easier to use
drugs

6. Harm reduction
DOES NOT stop
people from
getting better

7. Harm reduction
DOES NOT put
people at higher
risk of needle stick
injuries

In Manitoba, approximately 100 people are newly diagnosed with HIV and 350 people are newly diagnosed with Hepatitis C **each year**. To help prevent new infections, the Interlake-Eastern RHA is introducing a new Harm Reduction program with **Sterile Needle Distribution**.

What is Harm Reduction?

Harm Reduction aims to keep people safe.

It includes a range of services that help people decrease harm to themselves and their communities.

What are some Benefits of Sterile Needle Distribution?

1. Helps prevent new cases of HIV, Hepatitis C, and other infections spread by blood
2. Decreased emergency visits from infections, overdose, etc.
3. Opportunities to help clients with reducing their drug use
4. Increased partnership between health programs

Does Harm Reduction Encourage Drug Use?

No. Research has shown that harm reduction does **not** increase drug use.

Does Harm Reduction mean Less Money for Treatment?

No. Treatment is a part of harm reduction. Harm reduction is cost effective and prevents expensive infections like HIV and Hepatitis C.

Does Harm Reduction try to Legalize Drugs?

No. Legalization is **not** a part of harm reduction. Harm reduction principles apply to both legal and illegal substances.

OTHER EXAMPLES OF HARM REDUCTION

Life Jackets & Water Safety
Smoking Reduction

Sun Safety
Bike Helmets

Seat Belts
Sexual Health Programs