



STREET CONNECTIONS

204-981-0742

Street Connections is a van and office service in Winnipeg that aims to reduce sexually-transmitted and blood-borne infections (STBBIs) and lessen drug-related harms. We bring harm reduction resources to people wherever they are, including shelters, homes, apartments, and on the street. These include supplies for safer injection, safer smoking, and safer sex, and other services.

- We make home visits for needle distribution or exchange throughout Winnipeg.
- **Please call before 10pm if you would like a home visit.**
- **We do not make home visits for safer crack use kits.**
- Sometimes we are not able to follow the schedule exactly and may be late or miss a stop due to delays

Monday – Thursday 6:00 pm - 11:15pm
Nursing services available these evenings

6:00 - 6:10pm	Main and Higgins
7:00 - 7:10pm	Main and Sutherland
10:00 - 10:10pm	Selkirk and McKenzie
11:00 - 11:10pm	Sargent and Beverley

Friday & Saturday
Nursing Services available Friday evening
No nursing on Saturday evenings

Friday 6:00 pm - 11:30 pm
Saturdays 4:00 pm - 10:30 pm

10:00 - 10:10pm	Stop at Selkirk and McKenzie
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Office Location (Supplies & Nursing)

Main Floor - 496 Hargrave
8:30am to 4:30pm Monday to Friday

www.**STREET CONNECTIONS**.ca
 August 1, 2022

**What do I do
 if I find
 discarded
 needles?**

Think about it...

Does anybody yearn for the good old days of discarded syringes, booze bottles and scratch tickets? Nowadays it's nothing but discarded gloves and masks and rapid tests.
~ Canton Timin

There is an incredibly outsized fear of discarded syringes versus their relative risk, and to the person who freaked out at me for picking one up on the side walk today, chill out. It's not unsafe to pick up needles.
~ Diana Chen McNally

While we understand the frustration of community members when they come across discarded needles, the risk to the public is extremely low. No one has ever acquired HIV or any other pathogen from a needle stick injury from a discarded needle in a park or other public place.
~ Gavin Wilson, Vancouver Coastal Health

Pick it up. ~ Famous Dex

This newsletter is intended for an adult street audience.
Some material may not be for you. Reader discretion is advised.

Opioid Overdose Is Still A Concern

Call 911 if you witness an overdose. Under the Good Samaritan Act, you will not be charged with simple possession or breach if you overdose or are helping someone who overdosed. **Have you been arrested or witnessed an arrest at the scene of an overdose after May 2017?** If so, please let Street Connections staff know.

Naloxone is a drug that can help save a person’s life if they have overdosed on opioid drugs.

If you are at risk of overdose or have friends or family at risk of overdose, you can get a free naloxone kit from **Street Connections** (496 Hargrave Street). For a list of other locations that you can get a kit, visit www.streetconnections.ca and click on **“OVERDOSE/POISONING”**.

For more information about overdose check out www.streetconnections.ca and towardtheheart.com



Bad Dates

You can report a BAD DATE:

- **Online** - just click on the **"Reports"** button at baddatelistwinnipeg.com
- **By Phone** - You can submit it on **'The Line'** toll free at 1-844-333-2211
- **E-mail.** email a description of your experience to baddatelist.wpg@gmail.com

Street Connections no longer publishes bad date information.

Drug Warnings and Alerts

There are no current drug warnings or alerts.

If you’ve used a substance and had a different reaction to it than expected, please talk to one of the Street Connections Staff.

For up to date alerts about drugs and overdoses visit <http://streetconnections.ca/alerts/>

Where can I get sharps containers?

1. Street Connections provides sharps containers to **people who access their services for harm reduction supplies.**

Street Connections provides sharps containers to **individuals and community groups doing community clean-ups.**

Street Connections is **not able to provide sharps containers for work purposes** (to have in a business/agency washroom, for picking up needles in or around a business, etc.)



2.



HEALTH PRODUCTS STEWARDSHIP ASSOCIATION

Health Products Stewardship Association (HPSA) launched the Manitoba Sharps Collection Program. People can find participating pharmacies using HPSA's locator app at www.healthsteward.ca

For the Sharps Collection Program, Manitobans can use the **HPSA sharps container** or any other **approved medical sharps container.** (they will not accept syringes in pop bottles, milk jugs, etc.)

3.

Businesses can **purchase sharps containers at many pharmacies or medical supplies stores** like Stevens Medical or Diamond Athletics.

Unusual Human Body Fact

Your fingernails grow faster than your toenails. This is because your hands are closer to your heart than your feet and more blood pumps to your fingers than to your toes.



Riddle!



Forward I am heavy, backwards I am not. What am I?

Answer: The word "ton"

What do I do if I get poked by a used syringe?

If you do get poked by a used needle:

- **Encourage it to bleed** by squeezing it and pushing blood towards the opening
- **Wash the area with soap and water or waterless hand cleanser**
- **Go to your nearest urgent care or emergency room to be assessed.**



At the hospital, they **may prescribe medication** to prevent an infection. They may also offer you testing to see if you have any infections, like hepatitis or HIV.

A test will not show if you have been infected from this needle stick injury. But, having the tests done will show a baseline of whether you had any infections before getting poked.

After getting poked, it is **recommended to get testing done again in 3 months**, as it can take up to three months for an infection to show up in your blood.

What happens if I get an infection?



Again, the chances of getting an infection from a needle stick injury are **very low**.

If you do get a reportable infection, like hepatitis or HIV, **your doctor or a public health nurse will be in contact with you to ensure that you are offered proper treatment** (if needed).

Most people infected with **hepatitis B** are able to clear the infection from their body without medication.

If you get a **hepatitis C** infection, treatment is available to cure it. You will be referred to a liver specialist to follow up about the health of your liver and determine if treatment is needed.



A little girl is having a tea party with her dad and is serving him tea while her mother is out shopping.

The mother comes home and the father says, "Watch this!"

The little girl goes and serves the mother tea.

The mother responds, "Did it ever occur to you that the only place she can reach to get water is the toilet?"



Finding Used Syringes

People often find syringes that were discarded on the ground.

For many people, finding improperly disposed needles can cause anxiety. It is important to know, **the risk of getting sick from a needle is extremely low.**

This newsletter will provide you with the information you need to safely dispose of syringes that you may find on the ground.



Why are needles handed out?

Harm reduction programs are designed to work with people to reduce their risk of health harms like infections.

Supplies like syringes, sterile water, cookers and such are distributed to people who use injection drugs to decrease the number of infections that may be caused by re-use of supplies or sharing of supplies.

Used Syringes

Discarded syringes are common to find. This is not just unique to Winnipeg, but it occurs in any urban center.

Needle exchange programs offer sharps containers to people who use. Most people do use them and safely dispose of used syringes.

If you find a syringe, don't panic. **Just like any other sharp object you find on the ground, like a piece of glass or nail, you can safely dispose of them.**

A 3 year old boy is playing while waiting at the doctor's office. He sees a pregnant woman and starts to talk to her.

Boy: Why do you look so fat?

Pregnant woman: I have a baby inside me.

Boy: Is it a good baby?

Pregnant woman: Yes, it is a very good baby.

Boy: Then why did you eat it?



What do I do if I find a discarded syringe

Handling a used syringe is simple and safe

As you can see from the information on page 5, it is quite simple and safe to dispose of syringes you may find.



Will I get an infection from a used syringe?

Picking up a syringe is as risky as picking up any other garbage that is laying around. If you pick up a used food tin, you may cut your finger on the sharp edge and get an infection.

People are often afraid of getting HIV or hepatitis by touching or getting poked by a used syringe. It is important to realize that **most people who use injection drugs are not infected with HIV or hepatitis B or C. Therefore most discarded syringes are not likely to have the HIV or a hepatitis virus on them.**

It is possible to get an infection like hepatitis B or C from a needle poke. **The risk of getting one of these infections from a needle stick injury is very low, less than 1%.**

These infections do not live for long when they are outside the body so it really depends on how long the needle was there before you got poked. HIV does not survive for very long when it is outside the body (a few hours in perfect conditions). Hepatitis B & C can survive for a longer period of time in a needle. In most cases it does not survive more than a few days, depending on things like quantity of blood, type of needle, temperature, humidity, etc. A discarded syringe, outdoors, is exposed to the weather and viruses are killed more easily.

Your biggest infection risk, if poked by a needle, is getting a bacterial infection or tetanus (the same as if you stepped on a nail or piece of glass).



You know you're getting old when your wife says,
"Honey, lets run upstairs and make love!"
And you answer, "I can't do both."

WHAT TO DO WHEN YOU FIND A NEEDLE

GET A STURDY CONTAINER

Something like a pop bottle or a milk jug, it needs to be made of tough plastic. Don't use glass, thin plastic or paper containers - they won't be safe enough. Place your container on a stable surface.

PUT THE NEEDLE IN THE CONTAINER

Use a pair of tongs, tweezers or pliers to pick up the needle. Hold it with the point facing away from yourself and drop it in the container. Do not try to put the lid back on the needle..

PUT THE LID ON THE CONTAINER AND PUT THE CONTAINER IN THE GARBAGE

Any of the usual garbage cans will work great, please don't put the container into the recycling. If you need other disposal options, call Street Connections.

YOU MIGHT NEED HELP IF: There are lots of needles that need to be picked up or you are not able to safely pick up the needle.

IF YOU GET POKED: Get medical advice about the relevant vaccines and testing. Keep in mind that the risk of long-term effects from getting poked is very low. Call Health Links/Info Santé at 204-788-8200 or visit an Urgent Care or Emergency facility.

IF YOU NEED HELP CALL: 204-981-0742

STREET CONNECTIONS

If discarded needles are in parks or other public property, please call 311

WWW.STREETCONNECTIONS.CA



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé