

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

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

Find us online!

charmcitycareconnection.org/



@charmcitycareconnection



facebook.com/Charmcityclinic/



Harm Reduction Tip of the Week!



3/28/22



**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

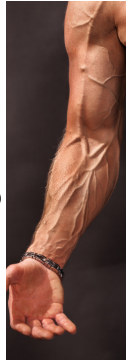
Closed all day Friday

Safer Injection Tips:

Finding a Vein with Care

- Find a safe, clean, well-lit area where you can take your time
- Clean your hands with soap & water (alternatives: hand sanitizer/alcohol pads)

- Work on a clean surface
- Use a clean, new syringe



- Clean injection site with alcohol pad (alternatives: soap & water, hydrogen peroxide, hand sanitizer) in one direction.

- The arm offers an easily accessible and relatively uncomplicated place to locate a vein for injection

When preparing your shot remember...

- The more sterile water added to dissolve the drugs, the lower the risk of vein damage from injecting



- **"Cotton fever", usually happens when you get bacterial infections from using unclean filters when injecting



- Use a sterile cotton filter to prevent any undissolved particles from being drawn up into your syringe

*try to avoid using non sterile filters like tampons/cigarettes; particles can break off and end up in your syringe and injected into the body



When its hard to find a Vein in your Arm...

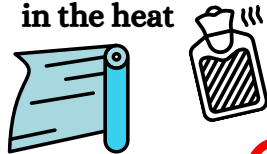


- Body heat can help veins be more accessible — find a warm place or bundle up!

- Lower your arm below your heart or swing your arm in a circle



- Wrap your limb in saran wrap for a few minutes to trap in the heat



- Use a warm compress on your injection site for 5-10 mins to bring your vein to the surface



- Lightly tap the injection site

- Inject before ingesting caffeine/nicotine. Or wait about 30 mins after having caffeine or nicotine.

- Exercise can help improve vein visibility

- Pull ups, push ups, weight lifting, squeezing tennis balls, wrist curls, any exercise that helps strengthen the arms



- Using a tourniquet helps make the vein fatter & easier to hit



- Remain calm, take a few deep breaths if you're having issues finding a vein



Rotate Your Spot

Try and rotate your injection spot with every new shot. The quicker the spot heals the quicker you can use it again without risking scarring & track marks

*Using a vein before it can heal, poses the following risks...

- Skin Abscesses from leaks & missed shots

- Collapsed vein, leaving your vein totally unable to be used again

- You risk pushing a blood clot into your bloodstream which can get stuck somewhere in your body posing significant danger

- Leaky veins, risking losing your shot

- Infections

*When you aren't pressed for time, practice injecting with your non-dominant hand in your other arm. Save your spots that you are used to for when you are in a bind and may not have as much time.