

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

Contact (410)-916-1754
(available 8am-4pm via phone)
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!

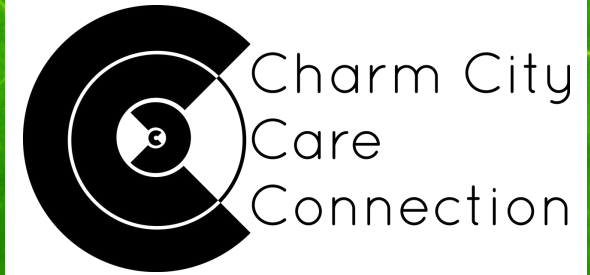
charmcitycareconnection.org/



@charmcitycareconnection



facebook.com/Charmcityclinic/



Harm Reduction Tip of the Week!



4/4/22

**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 & Vein Care



Use a tourniquet a few inches above the injection site to help the vein plump up and be easier to hit

*Tie it flat against the skin

*Try to avoid using shoestrings or leather belts which can cause (bruising)

*If the blood is bright red, frothy and pushes back the plunger, you've likely hit an artery; take the syringe out immediately, apply pressure, and seek medical advice or attention

*If there is little to no blood when you pull back the plunger, you've likely missed your vein. You should untie your tourniquet, pull the needle out & try again

- Injecting outside of the vein puts you at risk of skin abscesses and possibly other problems

*Once the syringe is in the vein, remember to remove the tourniquet before injecting your shot



If you do not remove the tourniquet before proceeding with your shot, depending on the strength of your shot, you may not be able to release the tourniquet

*This poses the risk of your tissues dying due to lack of blood flow

*Other risks are bruising & slower healing, & infections

If you tie the tourniquet in a way in which you can release it with a slight tug, there's less of a risk of losing your hit

-You're injecting under less pressure and thus less blood/drugs should leak out

-You'll be able to taste the shot of the drug as your injecting it, allowing you to continue, stop, or slow down, if need be to lower the chances of an overdose

When you're finish injecting your shot, pull your syringe out at the same angle which you inserted
*This helps reduce scarring

Remember to cap your syringe, if you have one, and dispose of it in a sharps container or a strong container that won't allow an uncapped syringe to poke through

Replace the syringe with a clean tissue/ cloth to catch any blood, apply pressure to stop the bleeding.

*This promotes healing & helps prevent infections by reducing access bleeding and bruising

*Do not apply an alcohol pad to an injection site after removing your syringe, it will often cause you to bleed for a longer time which can lead to bruising and slower healing



Image from Chicago Recovery Alliance's Better Vein Care/Safer Injection Guide

Wash your hands with soap & water (alternatives: hand sanitizer/alcohol pads)

Insert the needle "bevel up" into the vein, its a good idea to inject in the direction that the blood is flowing, towards the heart

*This helps prevent problems like scarred tissue or blood clots due to the disruption of the flow of the blood in the right direction

Veins Vs Arteries

Veins are blood vessels that carry blood from all other points of the body to the heart & lungs

- They have no pulse
- Are dark red in appearance
- Slow moving and under less pressure

Arteries carry blood, rich in oxygen, from the lung & heart to all other parts of the body

- They have a pulse
- Blood is red & frothy
- Under more pressure, when punctured, the blood will usually gush out, which can be fatal

Register your syringe before proceeding with your shot

Before injecting, pull back slightly on the syringe plunger to check for dark red blood in the syringe (this means you hit a vein)

