

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!

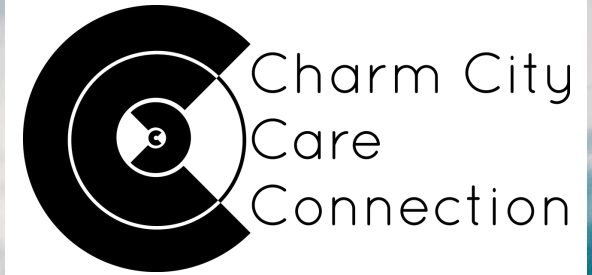
charmcitycareconnection.org/



@charmcitycareconnection



facebook.com/Charmcityclinic/



Harm Reduction Tip of the Week!



4/11/22

**1214 N Wolfe St,
Baltimore, MD 21213**

443-478-3015

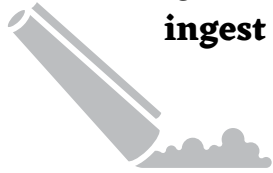
Hours

Mon-Thurs

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

Closed 12-12:30pm
Closed all day Friday

Snorting is a common way to ingest drugs....



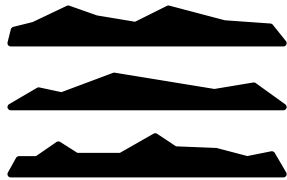
-When drugs are snorted, they enter the bloodstream by being absorbed through the nasal membrane that lines the nose



-It's a slightly quicker high than swallowing. Compared to injecting, you may feel the effects in 5-10 minutes.

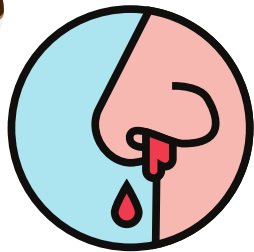


-Though seen as slightly safer than injecting drugs, it still poses its own risks...



Risks of snorting

- Loss of smell**
- Sinus infection**
- Tooth Decay (from methamphetamine)**
- Issues swallowing**
- Wheezing**
- Overdose**



-Snorting long term can lead to damage of the nasal lining and septum (which leads to holes between your nostrils)

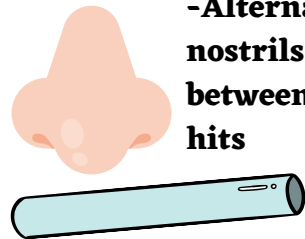
-Using items like dollar bills keys and other used equipment could expose you to germs

-Snorting can cause damage to the skin around the nose and inside of the nose,

-When snorting using objects like straws or dollar bills, small amounts of blood from the nose can end up on the apparatus, and when shared, this creates a risk for transmission of HIV/Aids and Hep C

Safer Snorting Tips

-Be sure to crush the substance up to a fine powder



-Alternate nostrils between hits

-Use your own snorting tools and try not to share

-Use a clean, preferably paper, straw (less likely to cut over plastic) to snort lines



-Use your clean hands to snort bumps



-Rinse your nose with water, apply a clean finger to sterile water and rub it in your nose, or squirt water nasal spray into your nose to dissolve the remaining substance

***Decreases chances of irritation to your nostrils**

-You can also dissolve your drugs in water to squirt up your nose instead of snorting



***Reduces chances of nasal damage**



-Insert the straw higher up in the nose so that less of the substance gets caught in nose hairs

-Apply vitamin E to the inside of the nose to promote healing



-Try not to use alone, use with someone you trust



-Keep naloxone close, even when snorting stimulants like cocaine, there's always a chance your drugs may have come in contact with opiates like Fentanyl



-Go slow, try a small amount first before taking a full hit



-Keep condoms nearby incase you have sex with someone

