Southside Quick Tips! - HIV
There is currently a HIV outbreak in Minneapolis, now is a good time to get tested!

HIV is found in:
Blood, Semen, Vaginal fluid, Anal fluid, Breastmilk

HIV is spread through:
- Sexual contact - including anal, vaginal, and very rarely, oral (if blood is present!)
- Sharing syringes (needle and barrel) or injection equipment
- From pregnant person to baby during pregnancy, delivery, or breastfeeding

HIV cannot be spread by:
Shaking hands, hugging, or other casual contact, swimming pools, kissing, toilet seats, food, animals or insects, coughing, sharing cigarettes

Tips:
- Use a new syringe to split drugs.
- Try not to share syringes & equipment if possible. If sharing consider cleaning syringe with bleach & cold water between use.
- If you reuse, reuse your own syringe and equipment. Marking your own syringes & equipment can help keep track.
- HIV can survive on surfaces for around 24 hours, & slightly longer in the barrel of a syringe!

If you or someone you know has not been tested recently testing can be free at syringe exchanges & specific clinics.

Southside Harm Reduction recommends:
Native American Community Clinic    Justus Health    Northpoint
Indigenous Peoples Task Force        Red Door Clinic  Aliveness Project
Community University Health Care Center Clinic 555 most syringe exchanges (see back)

*Please TEXT Southside Harm Reduction if you have any questions about testing, locations, or tips. (612) 615-9725
### Twin Cities Syringe Exchange Calendar: Hours/Services during COVID-19

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Valhalla Place-BF  
2807 Brookside Dr  
Brooklyn Park  
 | 7:30am-11:30am  
S/W/N  | | | | | |
| Red Door Clinic  
525 Portland Avenue  
Mpls. 4th Floor  | 9am-1pm  
S/W/N/HIV  | | | | | 
| Justice Health- Massise  
MCC: All God’s  
Children  
3100 Park Ave Mpls  | | | | | | |
| Southside Harm  
Reduction services  
Mobile team text:  
612-615-9725  | | | | | | |

**Temporarily Closed**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Indigenous Peoples  
Task Force  
1335 E 23rd St Mpls  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | |
| Snake 555  
555 Cedar St, St Paul  | 10am-2pm  
S/W/N  
Testing suspended  | 1pm-6:30pm  
S/W/N  
Testing suspended  | 1pm-6:30pm  
S/W/N  
Testing suspended  | 10:30am-6:30pm  
S/W/N  
Testing suspended  | 10am-1pm  
S/W/N  
Testing suspended  | |
| NorthPoint - In ’n’ Out  
710 West Broadway  
Rng the bell for in ’n’ Out  
612.543.5380  | | 2-5pm  
S/W/N/ HY  
Testing suspended  | 2-5pm  
S/W/N/ HY  
Testing suspended  | 11am-5pm  
S/W/N/ HIV  
Testing suspended  | 11am-5pm  
S/W/N/ HIV  
Testing suspended  | |

Text for delivery Monday-Wednesday 6-9pm  
S/W/N  
612.615.9725  
Service may or may not be available depending on volunteer availability.  
See southsideharmreduction.org for map of delivery area

---

These are confirmed hours and services as of 3/23/2020.  
SSP providers please email me any updates or changes at gelli.overton@hennepin.us

### Twin Cities Syringe Exchange Calendar: Hours/Services during COVID-19

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Valhalla Place-BF  
2807 Brookside Dr  
Brooklyn Park  | 7:30am-11:30am  
S/W/N  | | | | | |
| Red Door Clinic  
525 Portland Avenue  
Mpls. 4th Floor  | 9am-1pm  
S/W/N/HIV  | | | | | 
| Justice Health- Massise  
MCC: All God’s  
Children  
3100 Park Ave Mpls  | | | | | | |
| Southside Harm  
Reduction services  
Mobile team text:  
612-615-9725  | | | | | | |

**Temporarily Closed**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Indigenous Peoples  
Task Force  
1335 E 23rd St Mpls  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | 1pm-4pm  
S/W/N  
Testing suspended  | |
| Snake 555  
555 Cedar St, St Paul  | 10am-2pm  
S/W/N  
Testing suspended  | 1pm-6:30pm  
S/W/N  
Testing suspended  | 1pm-6:30pm  
S/W/N  
Testing suspended  | 10:30am-6:30pm  
S/W/N  
Testing suspended  | 10am-1pm  
S/W/N  
Testing suspended  | |
| NorthPoint - In ’n’ Out  
710 West Broadway  
Rng the bell for in ’n’ Out  
612.543.5380  | | 2-5pm  
S/W/N/ HY  
Testing suspended  | 2-5pm  
S/W/N/ HY  
Testing suspended  | 11am-5pm  
S/W/N/ HIV  
Testing suspended  | 11am-5pm  
S/W/N/ HIV  
Testing suspended  | |

Text for delivery Monday-Wednesday 6-9pm  
S/W/N  
612.615.9725  
Service may or may not be available depending on volunteer availability.  
See southsideharmreduction.org for map of delivery area

---

These are confirmed hours and services as of 3/23/2020.  
SSP providers please email me any updates or changes at gelli.overton@hennepin.us

**Calendar Key:**
- S = Syringes  
- W = Works  
- HY = Hygiene kits  
- N = Naloxone  
- HIV = free HIV testing