Southside Quick Tips! - Hepatitis C
Hepatitis C is a virus that infects your liver and can cause fevers, muscle aches, nausea among others. It is also possible for there to be no symptoms. It is spread through blood-to-blood contact. If you have Hep C it is now easier to get Hep C treatment! Recently Minnesota removed the 6 month sober requirement

**Hep C is spread through:**
Sharing syringes or injection equipment, including cottons, cookers, barrels, and points. Sex that involves blood-to-blood contact such as rough sex, especially anal.

**Tips:**
- The Hep C virus can live outside of the body for a long time, so even old equipment can spread the virus. Hep C can live in syringe barrel for over 60 days.
- When splitting drugs use a new syringe to split the drugs
- If you have to reuse it can help to mark your syringe and equipment so you know what’s yours. Try and not share any equipment! Especially cottons and tins, but also ties!
- You cannot give HepC to yourself - it is transmitted from person to person by blood. Re-using your own supplies will not give you HepC.
- Many times people who get HepC, our bodies kill the infection after a few weeks. Sometimes it stays around and becomes a “chronic” case - there are great treatments available for HepC!!
- You no longer need to be sober to start HepC Treatment. If you want to start treatment and are using, you can do that!

**Testing**
If you think you may have been exposed to Hep C it’s a good time to get tested! Any clinic should be able to test

**Southside Harm Reduction recommends these clinics/testing locations:**
The Native American Community Clinic     Indigenous People's Task Force
Community University Health Care Clinic     Clinic 555 (St.Paul)
NorthPoint         Red Door
*Please TEXT Southside Harm Reduction if you have any questions about testing, locations, and education at (612) 615-9725

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

<table>
<thead>
<tr>
<th>Sunday</th>
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<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 |                          |                          |                          |                          |                          |
| JustUs Health- Maasitse  
MCC: All God’s  
Children  
3100 Park Ave Mpls | Temporarily Closed |                          |                          |                          |                          |                          |
| 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 | 1pm-4pm  
S/W/N  
Testing suspended |
| Change 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 | 10am-1pm  
S/W/N  
Testing suspended |
| NorthPoint- In "n" Out  
710 West Broadway  
Ring the bell for in "n" Out  
612.543.4580 | 2:25pm  
S/W/N/HIV  
Testing suspended | 2:25pm  
S/W/N/HIV  
Testing suspended | 11am-5pm  
S/W/N/HIV  
Testing suspended | 11am-5pm  
S/W/N/HIV  
Testing suspended |                          |                          |
| Southside Harm Reduction services  
Mobile team text:  
612-615-9725 | Text for delivery Monday-Wednesday 6-9pm S/W/N  
612.615.9725 |                          |                          |                          |                          |                          |

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

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