

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

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------|---|--|--|--|---|----------|
| Valhalla Place-BP 2807 Brookdale Dr Brooklyn Park | | 7:30am-11:30am S/W/N | | | | | |
| Red Door Clinic 525 Portland Avenue Mpls 4 th Floor | | 9am-1pm S/W/N/HIV | | 11am-4pm S/W/N/HIV | | 1pm-4pm S/W/N/HIV | |
| JustUs Health- Mainline MCC- All God's Children 3100 Park Ave Mpls | Temporarily Closed | | | | | | |
| Indigenous Peoples Task Force 1335 E 23 rd 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 | |
| Clinic 555 555 Cedar St, St Paul | | 10am-2pm S/W/N Testing suspended | 1pm-6:30pm S/W/N Testing suspended | 1pm-4:30pm 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 Ring the bell for In 'n' Out 612.543.4580 | | | 2-5pm S/W/N/HY Testing suspended | 2-5pm S/W/N/HY Testing suspended | 11am-5pm S/W/N/HY Testing suspended | 11am-5pm S/W/N/HY 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 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

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