

# HIV 101

## 5 HIV Transmission Fluids

1. **Blood** (highest virus concentration)
2. **Semen and Pre-Cum** (HIV not in sperm)
3. **Rectal Fluid** (mucous lining rectum walls)
4. **Vaginal Fluid**
5. **Breast Milk** (lowest virus concentration)  
(not a risk for adults; only infants)

## How You Can Get HIV

1. **Condomless anal, vaginal, and oral sex**
2. **Sharing syringes**
3. **Parent to child** through pregnancy, birth, and breastfeeding

## HIV Not in These Fluids

1. **Saliva**
2. **Mucus**
3. **Sweat**
4. **Tears**
5. **Urine**
6. **Feces**
7. **Vomit**

People don't die of HIV or AIDS.

They die from other infections due to a weakened immune system.

## Human Immunodeficiency Virus

*HIV attacks immune system T-Cells by invading them, causing the body to be less able to fight off illness or infection.*

## Acquired Immune Deficiency Syndrome

*AIDS is like late-stage HIV where people live with a weak immune system and get opportunistic infections like thrush, pneumonia, and certain cancers.*

## Receiving an AIDS Diagnosis

- A T-Cell (our immune system cells) count of **over 500** per 1 mL of blood is considered healthy. Everyone's T-Cell count is different.
- AIDS diagnosed when T-Cell count is **200 or less** or when diagnosed with opportunistic infections.

HIV isn't transmitted through mosquitoes, ticks, leaches, cats, or monkeys. Human to human only.

Mosquitoes transmit malaria and West Nile.

**HIV can only live a few seconds outside the body.**

64% of HIV positive Minnesotans can't transmit HIV to others since they are **undetectable** due to adherence to their HIV meds.<sup>1</sup>

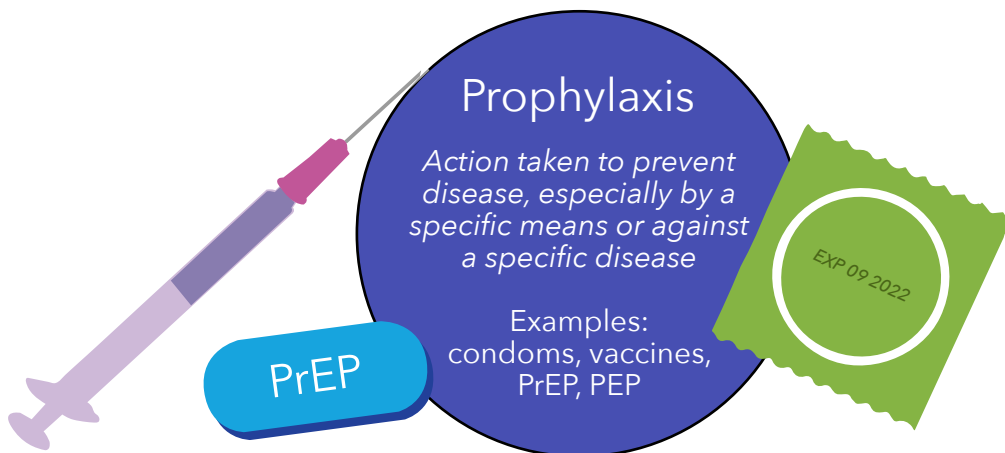
## Quiz Question

What organ protects you from HIV more than any other?

**Answer:** SKIN! HIV can't pass through skin since HIV needs a mucus membrane like the anus, vagina, the tip of the penis, or an open wound to pass.

<sup>1</sup>Minnesota HIV Strategy: A Comprehensive Plan to End HIV/AIDS published report by Minnesota Department of Health.

# HIV Prevention Meds



PrEP is a prophylaxis med that prevents HIV from replicating in the body.

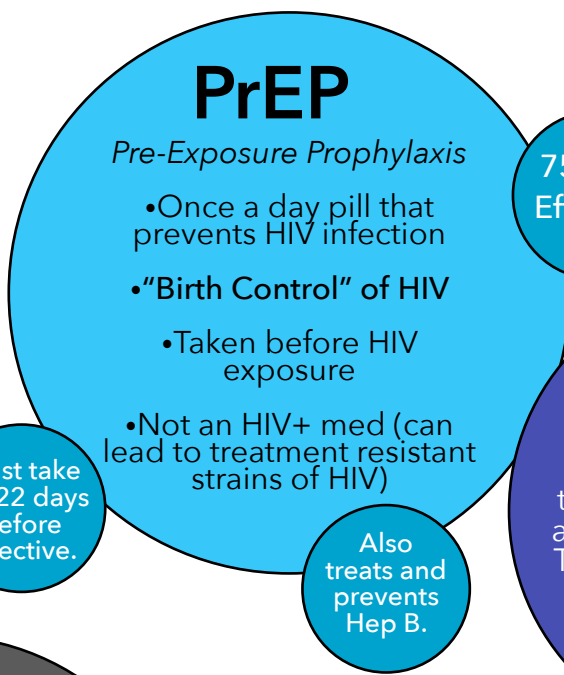
- Reasons to take PrEP:**
- HIV positive partner(s)
  - Condomless sex with those of unknown HIV status
  - Treated for STIs
  - On PEP more than once in the last year
  - Share syringes
  - Exchange sex for shelter, money, substances, or other resources
  - Incarceration

## PrEP Requires Regular 3 Month Doc Visits for:

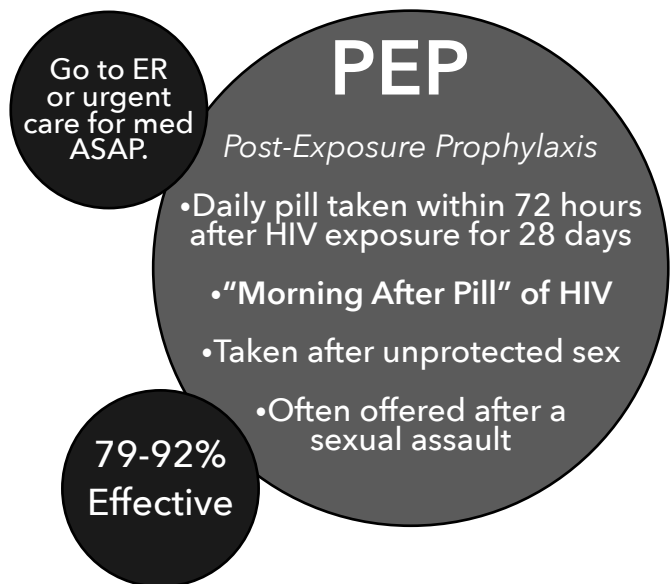
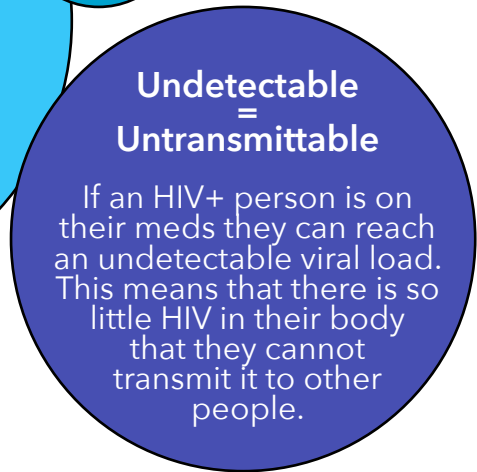
- HIV and STI Testing
- Kidney Function Tests
- Bone Mineral Density Tests (if history of bone fracture due to disease or osteoporosis present)

## PrEP Startup Syndrome (short term side effects)

- Headache • Weight Loss
- Nausea • Diarrhea
- Stomach and Gut Pain
- Difficulty Sleeping



PrEP is compatible with pregnancy but doesn't prevent pregnancy or other STIs.



- Reasons Not to take PrEP:**
- You are HIV positive
  - Don't know your Hep B or HIV status
  - Difficulty taking daily meds
  - History of kidney disease/osteoporosis
  - Difficulty attending regular doc visits every 3 months
  - Low risk of HIV infection

# Hepatitis C 101

Hep C is at least **10 times** more infectious than HIV.

## Hepa • titis

*liver • inflammation*

•The **liver** is the largest internal organ found under the rib cage that filters blood, fights infection, processes nutrients, and manages blood clotting.

•**Hep C** is a virus that causes liver damage and scarring leading to less blood flow and dysfunction.

•Heavy alcohol use, toxins, and some meds can cause **non-viral hepatitis**.

•**15-25%** clear the virus without treatment.

•Without treatment, Hep C can lead to **liver failure** and **cancer**.

There is a **cure** for Hep C, but reinfection is possible.

**Treatment** rates are 92-98% effective.

## Hep C Risk Factor Checklist

Consider getting tested if you check off any of the following:

- Sharing needles, snorting straws or dollar bills, and injection equipment
- Any sexual activity where blood may be present (such as menstruation or micro tears)
- Sharing razors and toothbrushes
- Unsterilized tattoo or body piercings
- Born to a parent with Hep C
- Infected blood to broken skin contact
- Baby Boomer (Born 1945-1965)
- Received blood transfusions, organ transplant, or kidney dialysis before 1992

Hep C can survive on surfaces for up to **6 weeks**.

If **denied treatment** by your insurance or treated poorly by your doctor for injecting drugs, we can help you access competent care.

**Ask us** for a referral if needed.

Once infected, you will always test + since Hep C **antibodies** remain in the body. Have your doctor test you for the virus, not just the antibodies.

# Common Modes of STI Transmission

1. Condomless Sex
<b>Condomless Anal Sex</b> (Pubic Lice, Chlamydia, Gonorrhea, Syphilis, HPV, Herpes, Hep B, Hep C, HIV)
<b>Condomless Vaginal Sex while Menstruating</b> (Pubic Lice, Trich, Chlamydia, Gonorrhea, Syphilis, HPV, Herpes, Hep B, Hep C, HIV)
<b>Rough Condomless Anal or Vaginal Sex Causing Tearing</b> (Pubic Lice, Trich, Chlamydia, Gonorrhea, Syphilis, HPV, Herpes, Hep B, Hep C, HIV)
<b>Condomless Vaginal Sex</b> (Pubic Lice, Trich, Chlamydia, Gonorrhea, Syphilis, HPV, Herpes, Hep B, HIV)
<b>Condomless Oral Sex</b> (Pubic Lice, Chlamydia, Gonorrhea, Syphilis, HPV, Herpes)
<b>Condomless Genital to Genital Contact without Penetration</b> (Public Lice, Trich, Chlamydia, Gonorrhea, Syphilis, HPV, Herpes)
<b>Sharing Condomless Sex Toys</b> (Trich, Chlamydia, Gonorrhea, HPV, Herpes)
2. Contact with STIs
<b>Infected Object to Genitals</b> such as sharing barrier free sex toys and touching hands with infected fluids on them to genitals (Trich, Chlamydia, Gonorrhea, HPV, Herpes)
<b>Infected Object to Eyes</b> such as touching hands with infected fluids on them to your eyes (Chlamydia, Gonorrhea, Syphilis, Herpes)
<b>Fecal to Oral</b> such as barrier free rimming, condomless anal to oral sex, sharing condomless anal to oral sex toys, hand to mouth (Hep A, Parasites)
<b>Sore to Skin Contact</b> (Syphilis, HPV, Herpes)
<b>Kissing and Sharing Utensils</b> (Herpes)
<b>Skin to Skin Contact</b> (HPV, Herpes)
<b>Sharing Infected Textiles</b> such as Clothing, Bedding, Towels (Pubic Lice)
3. Contact with Infected Blood
<b>Blood to Broken Skin</b> such as barrier free oral sex, using a crack pipe that create micro tears in throat or mouth, or oral sex with open cuts, sores, or wounds (Hep B, Hep C)
<b>Sharing Needles, Syringes, &amp; Injection Equipment</b> (Hep B, Hep C, HIV)
<b>Sharing Piercing, Tattooing, &amp; Stick &amp; Poke Equipment</b> (Hep B, Hep C)
<b>Sharing Snorting Materials, Razors, Toothbrushes</b> (Hep B, Hep C)
4. Pregnant Parent to Child
Parent to Child through pregnancy, birth, or breastfeeding (Chlamydia, Gonorrhea, Syphilis, HPV, Herpes, Hep B, Hep C, HIV)

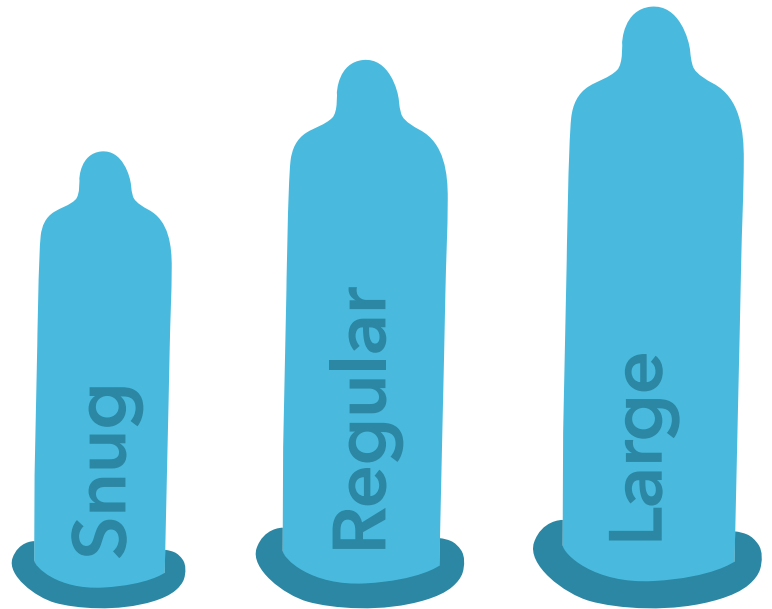
Mucus membranes are permeable STI entry points including the:

- Anus • Rectum • Cervix
- Vagina • Nose • Eyes • Foreskin
- Mouth • Throat • Urethra

Did you know at least 80% of sexually active people will have an HPV infection at some point in their lifetime?

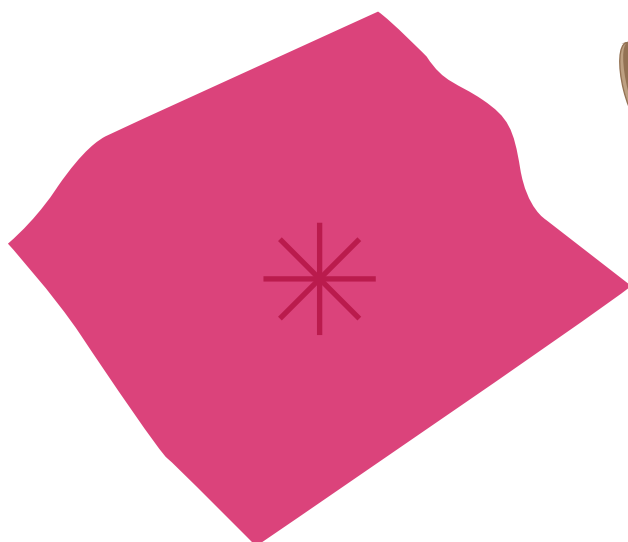
More than 50% of people are infected with oral herpes over their lifetime, commonly during childhood.

# Pleasure and Protection

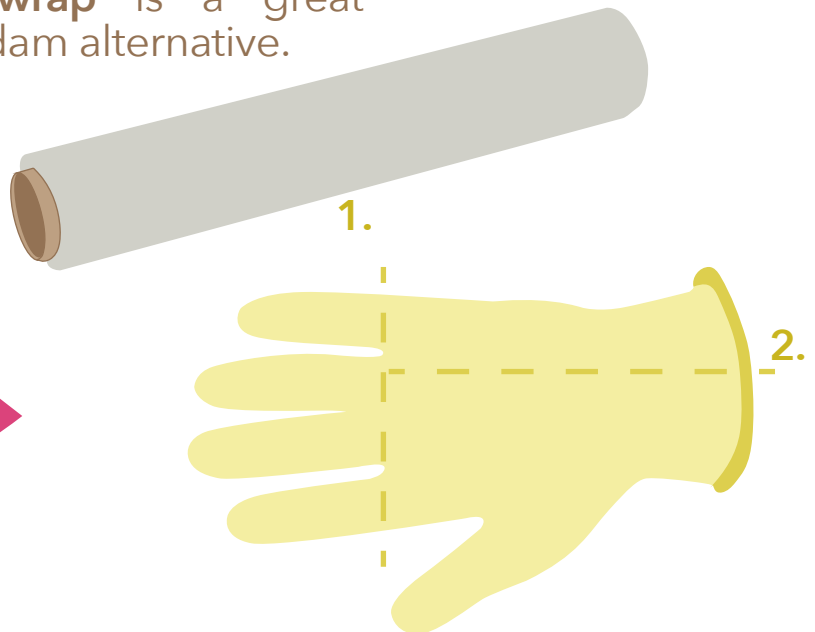


Did you know **condoms** are more pleasurable when you wear the right size?

**Saran wrap** is a great dental dam alternative.



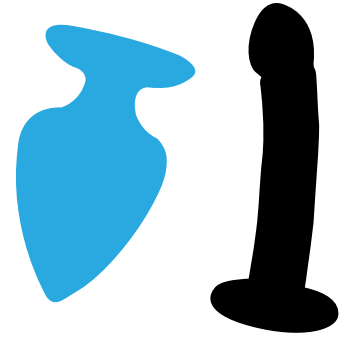
**Dental Dams** prevent STI transmission and are great for oral sex including rimming.



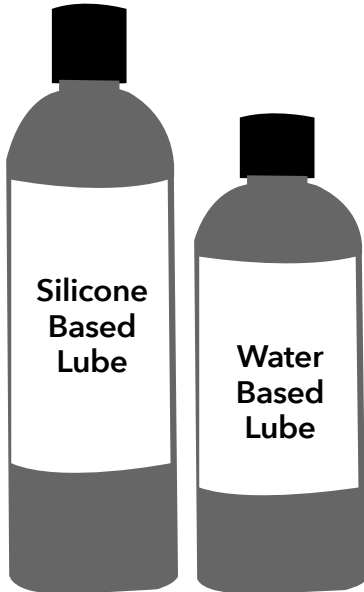
**Latex gloves** are a great oral sex barrier. Cut off the fingers, leaving behind the thumb and then cut straight across the palm to create a barrier.



Avoid using **spermicides** since they cause irritation.



**Sterilize** or use condoms on sex toys.



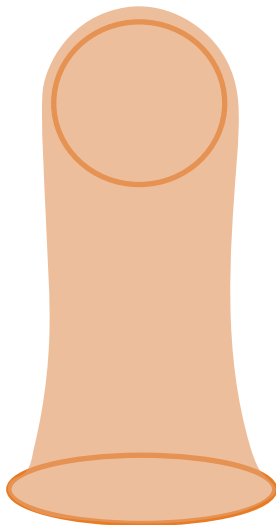
**Silicone and water based lube** on condoms prevent tearing and irritation.



**Oil based lubes** and other oil based products break condoms down in as little as 30 seconds.



Check the **expiration date** of your barriers, store at room temp, and outside direct light.



Female or **bottom condoms** provide extra protection against HPV, herpes, and syphilis since they cover more of the pubic area.



**Pinch** the tip when rolling down.

Only use **flavored condoms** for oral sex since the flavors can irritate your genitals or anal cavity during penetrative sex.

# Drug Use and Consent

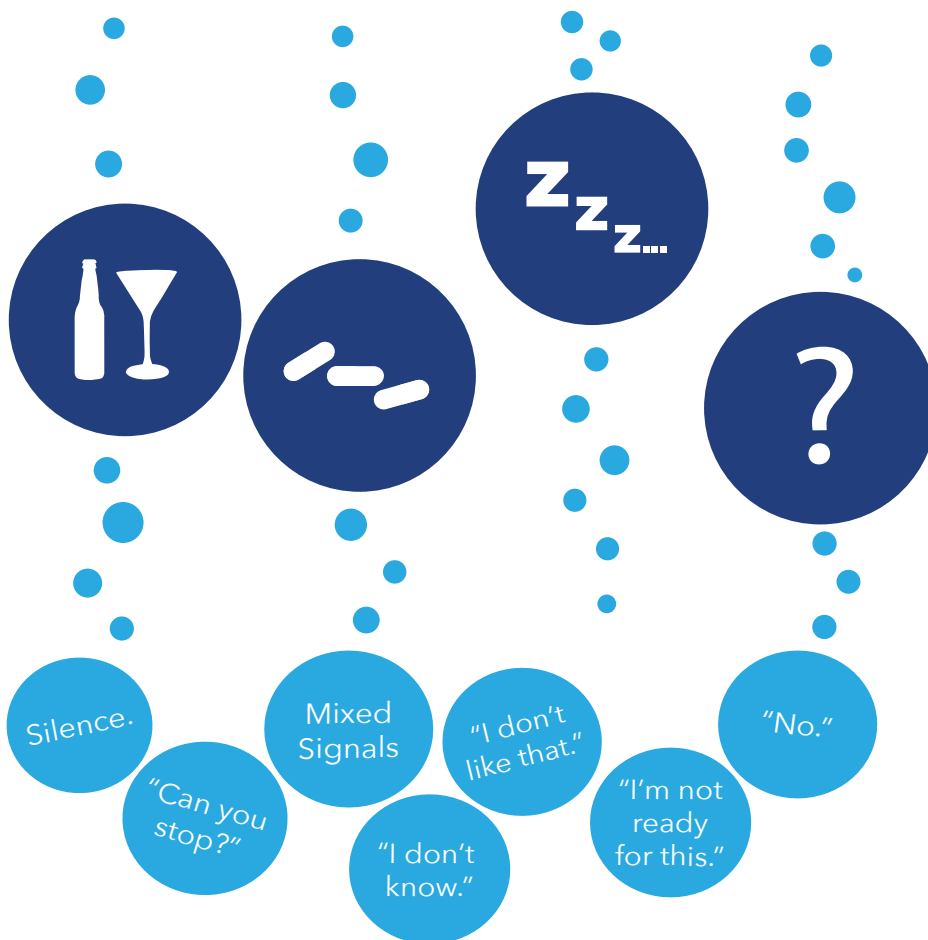
## Why do people overuse drugs and alcohol?

*If our need to feel bonded isn't met through meaningful connections, particularly with others, we will find ways to bond with anything, including sex, drugs, alcohol, food, and TV.*



Addictive substances come in all shapes and sizes.

## Lack of consent looks like...



**"The opposite of addiction is not sobriety. The opposite of addiction is connection."**  
Johann Hari

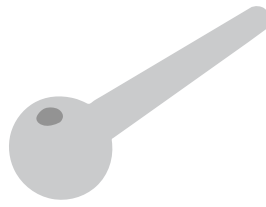


# Drug Use Safety

Reduce your risk for HIV, Hep B, Hep C, and other infections by using sterile syringes and works. Always have Narcan\* on hand.



Carry Narcan,\* to prevent opioid overdose.



Limit crack pipe use before giving oral sex. Avoid sharing pipe.



Get your tetanus shot every ten years.



Safely dispose of sharps in a puncture-proof container. Avoid using alone.



Keep sterile works on hand. Don't reuse water, prep pads, cottons.

If underage and experiencing alcohol poisoning, you won't be charged for seeking medical attention.



Use your own snorting materials such as straws and dollar bills.



Go to licensed piercing and tattooing facilities. Use sterile, unshared stick and pokes.

## Injection Equipment Alternatives

**Cooker:** spoon, teaspoon, metal bottle top, tin, soda can bottom

**Cotton:** Q-Tip, cotton ball **Tie:** stocking, condom, sock, necktie

**Sterile Water:** boil water for 10 minutes (allow to cool), next best is tap water, then bottled water, then toilet water from tank

**Alcohol pad:** soap/water, rubbing alcohol, hydrogen peroxide, disinfectants

Avoid using cigarette filters or tampons as a cotton.

## How to clean a syringe

Whenever possible, **inject with unused needles and works.**

**One needle, one use. Avoid sharing to prevent infections.**

**Cookers** can be soaked in bleach to reduce risk.

**Reduce**, but not eliminate, your risk for HIV, Hep B, and Hep C by:

1. Fill a syringe with sterile **cool** water ASAP after being used, shake for 30 seconds, plunge several times.
2. **Repeat** several times until water in syringe is cleared of as much blood as possible.
3. Fill syringe with **bleach**, shake for 30 seconds, allow bleach to sit for 2 minutes, then plunge several times with bleach.
4. Fill syringe with **sterile** water again, shake, plunge several times, repeat until bleach clears.

If **bleach** is inaccessible, try hydrogen peroxide, rubbing alcohol, Lysol, or detergent.

Clean syringes with **cool** (not warm) water to prevent clotting.

Hep C lives up to **9 weeks** inside a syringe.

HIV lives up to **7 days** inside a syringe.

\*Narcan is the brand name of naloxone. Info in this packet about Narcan is for educational purposes only.



# Injection Safety

## Before Injecting

- Can drug be taken **orally, under tongue, smoked, or snorted** instead?
- Are you injecting into a **vein, muscle, or skin** that's right for your drug?
- Can you do a **test shot**? Go slow.
- Can you use a **Fentanyl test strip**?
- If unable to use with someone, can you **tell someone where you are**?
- Do you have **Narcan**?\* An **OD plan**?
- Can you find a **clean, dry, warm, safe** place with **good lighting** to inject?

## Disinfect

- **Wash hands** with soap beforehand.
- **Disinfect surfaces** used to inject or cook on a clean towel or hard surface.
- **Swab** site with alcohol pad in one direction.
- Use sterile, unshared **water, cookers, cottons, alcohol pads, and tourniquets** to prevent Hep C, HIV, and infections.
- Reusing your own works can lead to **infections** (bacteria grows after one use).
- Keep site sterile/covered with a **band-aid**.
- Wait 2 hours after injecting for site to close before using **ointments** to prevent track marks and infection.
- **Mark** works or keep separate so not mixed up with others' works.

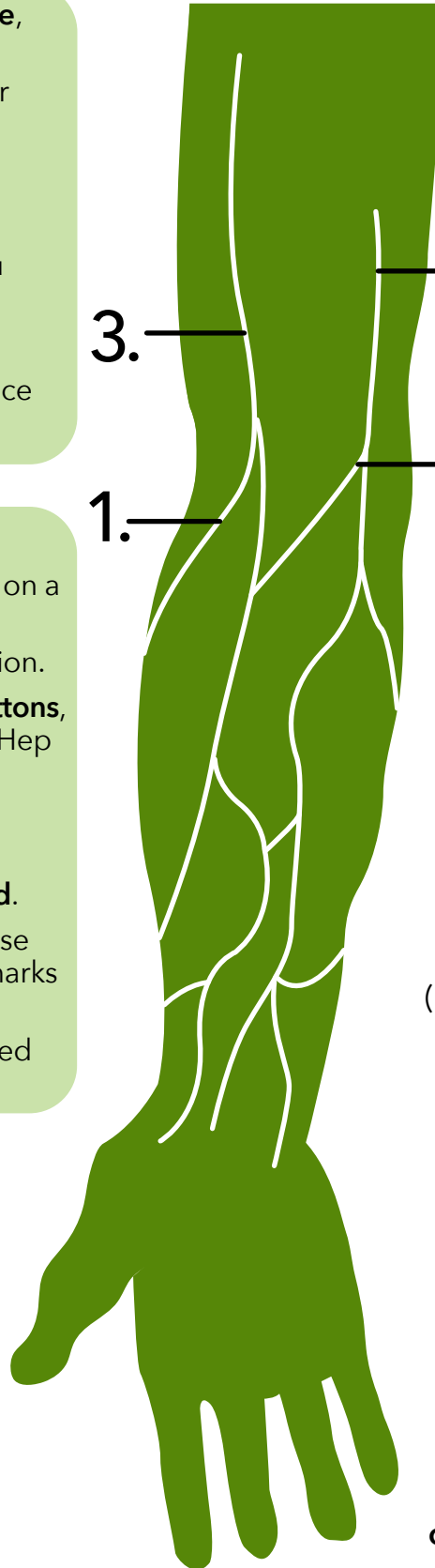
## Helping Veins Pop

- Use a **tourniquet** or **tie**.
- **Warm** the site. • Wear a **coat**.
- Inject in a **warm room**. • Make **fists**.
  - Wrap site with **Saran Wrap**.
- Drink **water**. • Use **hair drier** on site.
- **Dangle** or **swing** limb. • **Slap** site.
- **Push-ups**. • **Pull-ups**. • **Weight lifting**.
- **Squeeze** tennis ball. • **Wrist curls**.

## Using a tourniquet or Tie

- Use **slipknot** to easily slip off tie.
- Remove tie **after** needle is in but **before** shooting to relieve pressure.

## Injecting Veins



Always insert needle **upward** to flow toward the heart.

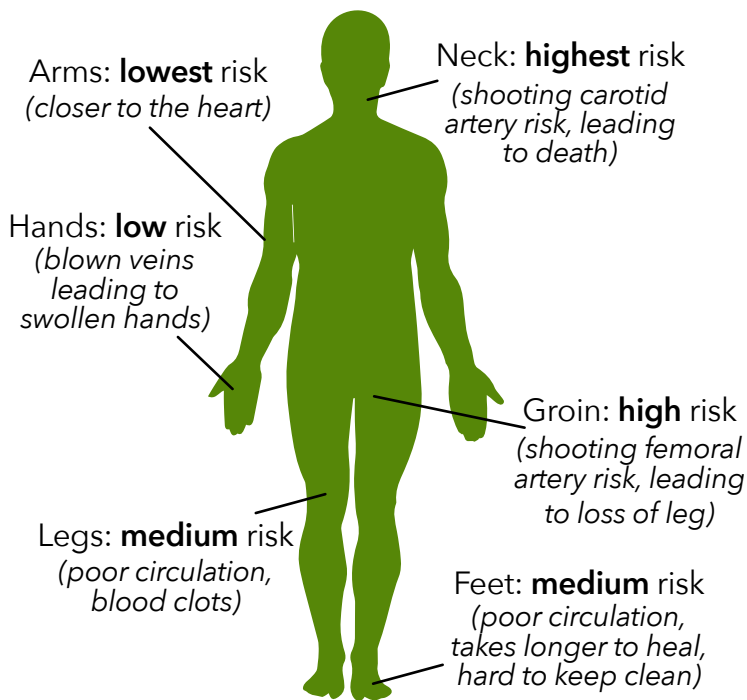
Inject needle at a **25-45 degree** angle with bevel or hole facing up.

Inject at least **1 inch** from **previous injection site** closer to the heart (example: from site 1 to 2), especially if skin is red, tender, or has an abscess.

Inject **closer to your heart** away from the **abscess** (if an abscess is at site 2, inject at site 4) (reduces further irritation or pushing blood clots into the bloodstream).

Learn to inject with **both hands, rotating site** from left to right arm to prevent veins from disappearing and to allow time to heal.

Avoid injecting into **red or tender** veins or tissue.



## Injecting

- **Cook** drug until clear and particle free.
- After cooking drug (if needed), draw solution into syringe through a sterile, unused **cotton**.
- **Tap out** air bubbles. **Push** liquid to needle tip.
- **Inject** drug and apply **pressure** afterwards with band-aid/tissue (alcohol pad causes bleeding).
- If you **miss a shot**, get a fresh needle to reduce abscess risk and vein/tissue damage.

## After Injecting

- **Throw away** used works; **disinfect** surfaces.
- Place sharps in **biobin** or hard plastic.
- If site **swells**, elevate above heart for better circulation (takes about 2 days for a site to heal).

## Avoid Hitting Arteries and Nerves

- **Never inject** into a nerve or artery (pulse).
- If the shot hurts, **pull out!** Shot will be wasted.
- After inserting needle, **pull back on plunger** before injecting to check if in a vein.
- Hit **vein** if deep, dark red blood enters syringe.
- Hit **nerve** if no blood enters syringe. Can lead to infection, abscess, paralysis, or loss of limb.
- Hit **artery** if bright red, foamy blood enters or spurts out. Can kill you. Raise limb above heart. Apply pressure. Seek help if bleeding doesn't stop in 10 minutes.
- **Arteries** hidden deeper in skin than veins. If digging for a vein, you risk hitting an artery.

## Skin is tough!

**Needles degrade** after just one use. Use a new, sterile needle for every injection to prevent abscesses, blown veins, and infections.



Source: *Vein Care: Tips & Tricks* by Lara Coffin.

## Drug Facts

- Use small amount of **citric acid** (1 part acid to 6 parts drug) or **vitamin C** (1 part Vit C to 4 parts drug) to dissolve heroin or crack in water.
- **Avoid other acids** (lemon juice, vinegar) to dissolve (cause vein damage).
- **Cocaine numbs** site. Be sure to be in a vein.
- Injecting **speed, cocaine, pills, methadone** into muscles can cause abscesses.
- When sharing, **split dry drugs**, not wet.

## Abscess Care

- **Clean site** with soap and water.
- **Mark edge** of wound with a marker. If it expands, becomes ½ inch across or more, or you have fever, chills, or site pain, seek help.
- **Track** the size and redness of the site daily with a photo taken on your phone.
- **Warm compresses** (heating pad, warm towel) or **warm salt soaks** (2 teaspoons salt per 4 cups warm water) for 15-30 minutes 3 times a day to help the site **drain**.
- Dampen dressings with **sterile saline** that directly touch site.
- Then cover with **sterile, dry gauze** and tape (change 1-2 times a day until pus stops draining).
- Before removing dressing, **dampen gauze** that's touching site so new tissue isn't pulled off.
- After site drains/scabs over, use **ointment**.
- Seek medical attention if **pain, swelling, fever**, or **chills** persists or worsens.

# Opioid Overdose



**Narcan\*** prevents opioid, morphine, codeine, vicodin, methadone, fentanyl, and heroin overdose.

## Signs of an Opioid Overdose

- Small, contracted **pupils**
- Droopy, limp **muscles**
- Scratching due to itchy **skin**
- Slurred **speech**
- Pale or clammy **face**
- Bluish or purplish black **lips** or **fingernails**
- Slow, shallow, or erratic **breathing**
- Slow or erratic **pulse**
- Choking or raspy snore-like gurgling **noise**
- **Vomiting**
- **Nodding off** or passing out

Narcan doesn't prevent benzo, cocaine, meth, alcohol, or other drug overdose unless mixed or laced with fentanyl.

Narcan is not harmful to inject nor addictive.

## If unconscious or not breathing

### 1. Check Responsiveness

- Lightly **shake** them. • **Yell** their name.
- **Rub** knuckles on their chest bone for 10 seconds.

### 2. Call 911 if Unresponsive

- Give **address**.
- **Say** they aren't breathing, are unresponsive, or unconscious so that paramedics are dispatched.
- **Steve's Law** protects you from drug charges.

### 3. Rescue Breathing Every 5 Seconds

- **Roll** them on their side and **swipe** finger in their mouth to ensure nothing is blocking their throat.
- **Roll** them on their back, **tilt** head back, **lift** chin, **pinch** nose, give 2 **quick breaths** every 5 seconds.

### 4. Inject a 1mL Dose of Narcan Every 2 Minutes

- **Inject** 1st dose into **muscle** on upper arm, upper thigh, or upper/outer quarter of butt.
- Continue **rescue breathing**.
- **Inject** 2nd dose if unresponsive after 2 minutes.
- For **multiple doses**, 2 doses can be injected into an arm while 4 doses can be injected into a thigh.
- Inject until they wake up. They will enter **withdrawal**.

### 5. After Narcan

- **Ensure** overdose doesn't come back.
- Narcan wears off in **30-45 minutes**.
- Someone can slip back into overdose hours after!

## If still conscious and breathing

- **Walk** them around.
- Keep them **awake**, talking, and moving.
- Monitor their **breathing**.
- Don't leave them **alone**.

## Overdose Prevention

- Have an **OD plan** of action in place.
- Use **fentanyl testing strips**.
- Have **Narcan** on hand when using.
- **Use with others** instead of alone.
- Keep doors **unlocked** while using.
- **Test** new supplies (inject slow, start with a low dose, prepare your own drugs).

- **Avoid mixing** alcohol, benzos, heroin, methadone, stimulants, or other drugs.
- **Tolerance** lowers after being in jail or prison or during breaks from using.
- **Non-opioids** (marijuana, cocaine, meth) could be mixed with opioids or fentanyl.

If you must leave the person, place them in the recovery position.



Hand supports head.

Knee stops body from rolling onto stomach.

\*Narcan is the brand name of naloxone. Info in this packet about Narcan is for educational purposes only.

# Protect Yourself: Know the Law

## Knowing Transmission of Communicable Diseases

- You are **required by law** to disclose HIV+ or STI+ status if you do not use “practical means” (barriers, condoms) to protect your sexual and needle sharing partner(s) from infection.
- Considered a **secondary offense**. You won’t be charged unless the offense is paired with another crime like sexual assault.

## Partner Notification Services

- Minnesota Department of Health (MDH) **anonymously notifies past sexual and needle sharing partners** for those newly diagnosed with HIV since there is a possible risk of violence for disclosing HIV status to past partner(s).
- Call MDH at **(651) 201-5414** for help with partner notification. They protect your privacy, answer questions, and offer referrals.

## Pharmacy Access Law

- In Minnesota, you can **purchase** up to 10 syringes without a prescription in their sealed bag and put used sharps in a heavy-duty plastic household container (such as a laundry detergent bottle).
- **Not all pharmacies participate**. This is an optional program. **Call ahead** to see if they participate.

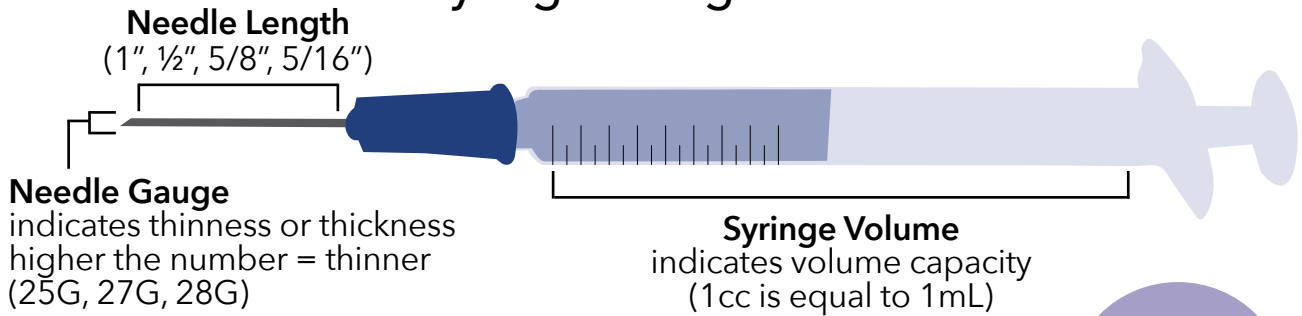
## Steve’s Law

- This Minnesotan law **provides limited immunity** for the person calling 911 when acting in good faith to respond to an opioid overdose emergency (using or possessing drugs related to 911 call for that particular overdose).
- **Call 911**. Say they aren’t breathing or are unconscious so paramedics arrive. Then clear the room and stay with the person.
- **No immunity given to overdose responder for other criminal activities** (outstanding arrest warrant, perpetrating violence, or gun possession).
- **No immunity provided for bystanders** for criminal activity or charges (such as drug consumption involved in overdose, buying or selling drug charges, including those involved in drug overdose).



# Needles and Syringes

## Syringe Sizing Basics



Less scarring with thinner gauges.

## Basic Syringe Types

Standard

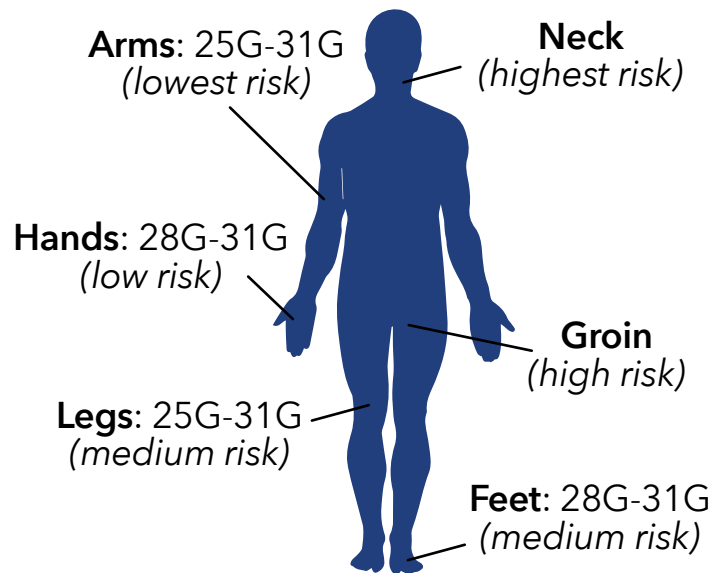
- 28G 1/2" length 1cc (shorts)**  
The standard.  
Great for those with good veins.  
Cocaine, Heroin, water soluble drugs.
- 28G 1/2" length .5cc (halves)**  
Hold less volume than shorts.
- 27G 1/2" length 1cc**  
Thicker gauge.  
Ideal for deeper or scarred veins.

Specialty

- 31G 5/16" length**  
Great for hands, feet, and tiny veins.
- 29G 1/2" length .5cc or 1cc**  
Great for those with smaller veins.

Intramuscular

- For opiates, hormones, steroids.  
Inject in hips, thighs, and upper arms.  
Dangerous to muscle speed/cocaine.
- 25G 1" length 3cc**  
The standard for those with average body fat.
- 23G 1 1/2" length 3cc**  
Great for those with more body fat and those injecting hormones.

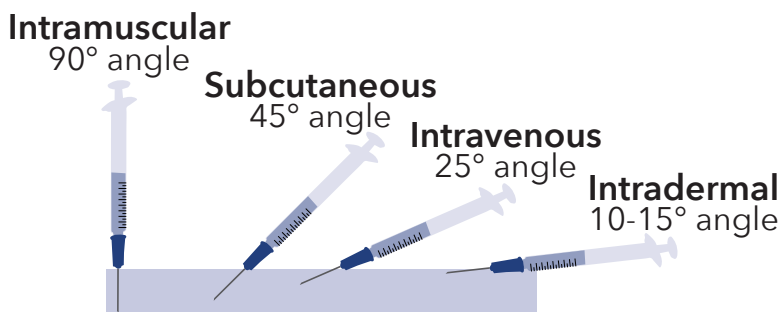


## Picking a Needle Gauge

- **18G** draws up thick drugs, not for injecting.
- **25G-27G** thick or oil based drugs.
- **28G-31G** thin or water soluble drugs.
- **23G-25G** intramuscular injection.
- **25G-30G** subcutaneous injection.

## Picking a Needle Length

- Intramuscular Injection**
  - 5/8" (less body fat).
  - 1"-1 1/2" (average body fat).
  - 3" (more body fat).
- Veins or Subcutaneous Injection**
  - 1/2", 5/8", or 5/16".





# Injection Use Infection Process

Waiting to seek help often means a deeper infection, longer healing time, and more skin and vein scarring. Scarring causes poorer circulation and lessens usable injection sites. After a wound, your healed skin functions at 60-80% of normal skin function.

## Abscess

An abscess is a warm, dark mound of pus on the skin at risk of spreading an infection to other areas of your body. It forms to wall off a bacterial infection from the rest of your body, making it hard for your immune system to reach.

## Cellulitis

Cellulitis of the skin may then develop around an abscess when the infection in the abscess travels into the surrounding skin leading to redness, swelling, warmth, and site pain. Cellulitis can also arise without an abscess present.

## Sepsis

Sepsis is a potentially life-threatening infection, developing last when an abscess or a cellulitis skin infection travels through your bloodstream and lymph system, leading to blood poisoning. Seek medical help immediately if fever, chills, or shaking occurs or if site redness, pain, swelling, or warmth worsens.



## The Following Damages Skin

- **Chemicals:** injecting drugs or what the drug is cut with.
- **Mechanical:** friction, scratching, cold temps, too wet or sweaty, needles, surgery, shaving.
- **Microbial:** bacteria, yeast, staph, and microorganisms are all around us.

## Quick Prevention Tips

- Rotate injection site.
- Use warm compress or washcloth after injecting.
- Use a new, sterile needle every time you inject.
- Wash hands regularly with soap.
- Clean site with alcohol pad before injecting.

Edited by Carter Thurmond, MA and Dave Glanzer, RN.  
Reviewed by Dr. Frank Rhame, Infectious Disease Specialist.

# Caring for Injection Wounds

*Your hard work and self-care will shorten healing time, leave less scarring, and keep your veins healthy for safer injection.*

## Disinfecting and Decreasing Skin Irritation

- Wash hands with soap** before and after contact with site, touching it as little as possible.
- Wash site with soap** and water before covering with a band aid or gauze.
- Change dressing** at least daily. Change more often or use a more absorbent pad, such as menstrual pads, if skin becomes too sweaty, such as during summer.
- Use paper tape with gauze** and **avoid using tape adhesives** directly on site since it can irritate or tear surrounding skin when removing.
- Use saline solution** or sterile water to dampen dressings before taking them off. Peeling away dry dressings can tear and remove healing skin.
- Pack deep wounds** with gauze dampened with saline solution to help heal properly for as long as drainage is occurring.
- Soak site** in warm water with Epsom salt or table salt.
- Use antibiotic ointment** on site after it drains and scabs over or if wound is too dry, such as during winter, for no more than 3 days (overuse kills good cells).
- Use Vaseline or mineral oil** on the healthy skin around your wound (not on your wound) to create a protective barrier against skin breakdown due to wound drainage or a moist wound.

## Reducing Inflammation and Pain

- Apply a warm compress** or washcloth for missed shots or abscesses for 15-20 minutes 3 times a day. Warmth helps circulate your drug, improves circulation, shortens healing time, decreases inflammation, less scarring, healthier veins). Circulation is healing.
- Elevate site** above heart to minimize swelling. Treatment failure is more commonly due to failure to elevate than failure of antibiotics.
- Take ibuprofen or Tylenol** to reduce site pain and inflammation.
- Take entire round of antibiotics** even if the infection looks better. Antibiotics can take time to heal wounds, especially when other health conditions are present and dead bacteria in skin continue to induce swelling and inflammation.
- Rotate injection sites** at least 1 inch away from missed shot or abscess to reduce infection risk and speed up healing.
- Monitor site** for infections by marking edges of wound with a marker and take a picture to track wound size. If it expands, seek medical help. Write down your symptoms and the date to track recovery.

Edited by Carter Thurmond, MA and Dave Glanzer, RN.  
Reviewed by Dr. Frank Rhame, Infectious Disease Specialist.



## Wound Healing Self Care

**Eat protein** (peanuts, cheese, yogurt, beans, milk) and stay hydrated with water to boost your immune system's ability to fight infection.

**Rest** to have time off your feet at syringe exchanges, libraries, or city benches. You can also visit Dorothy Day Place, Higher Ground, Family Service Center, and the Opportunity Center where they provide meals, shelter, opportunities to find jobs, and secure housing and medical care.

**Reduce smoking** (smoking causes blood vessels to become smaller and reduces circulation).

**Treat health conditions** like diabetes or high blood sugar. Sugar can decrease circulation, delay healing, and feed bacteria.

**Exercise and stretching** increases circulation (while pain limits activity). Pumping calf or arm muscles improves circulation and helps veins pop.

## Staying Connected

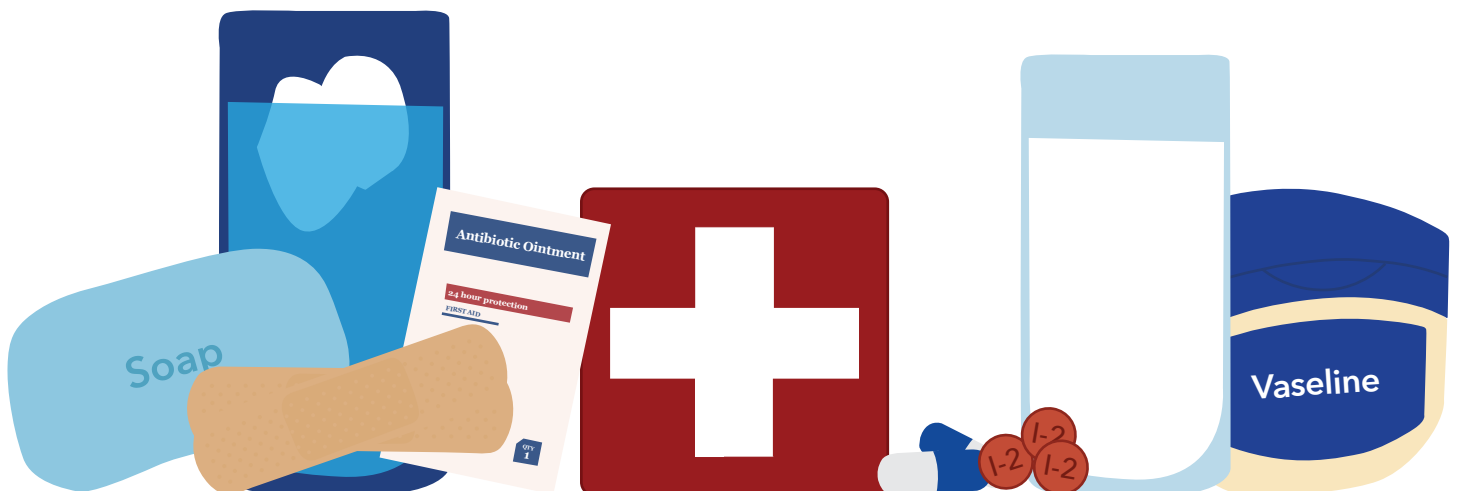
**Seek medical help** at a clinic or ER if there is increased drainage, pus, redness, swelling, smell, site pain or warmth, delayed healing, fever, shaking, and chills. You may need oral antibiotics. Life threatening blood poisoning could occur if left untreated.

**Stay in touch** with people you trust for support. You can talk through your pain (throbbing, aching, stabbing) and other concerns to find solutions together.

**Advocate for yourself.** Anybody can get skin infections. You should be treated without shame or judgement by helping professionals.

**Make a doctor visit count.** If seen at a clinic or ER, you can update your vaccines, STI testing, or treat other health concerns.

# You are worthy of care.



# Hormones and Surgery

## Hormone Replacement Therapy

**MTF | Trans Woman**

Estrogen | Progestin | Anti-Androgens  
Pill | Injection | Skin Patch | Gel

**Gender**

**Hormones**

**Administration**

**FTM | Trans Man**

Testosterone  
Injection | Skin Patch | Gel



Soften   ↓ Oil, Sweat, Acne, Body Odor	<b>Skin</b>	Tougher   ↑ Oil, Sweat, Acne, Odor
↓ Muscle Mass   ↓ Strength	<b>Muscle</b>	↑ Muscle Mass   ↑ Strength
Chest Growth	<b>Chest</b>	Slight ↓ in Chest Size
↑ Hip, Thigh Fat	<b>Body Fat</b>	↓ Hip, Thigh Fat   ↑ Abdomen Fat
↓ Sex Drive	<b>Sex Drive</b>	↑ Sex Drive
Infertility   ↓ Sperm Production	<b>Reproductive</b>	↓ Fertility   Periods Lighten & Stop
↓ Erections   Whole Body Orgasms	<b>Genital</b>	↑ Erectile Tissue   Genital Focused Orgasm
↓ Chest, Back, Arm, Facial Hair	<b>Body Hair</b>	↑ Chest, Back, Arm, Facial Hair
↓ Hair Loss	<b>Scalp Hair</b>	Male Pattern Hair Loss

Anti-androgen pills block the action & production of testosterone in the body.

Hormone blockers are prescribed to trans kids before puberty alters their body.

Routine blood draws are necessary to check hormone levels & organ function.

Pregnancy for FTMs less likely on testosterone but birth control, like depo-provera, recommended.

Female hormones often lead to sterility for MTFs but birth control is still recommended.

Testosterone for some can lead to higher levels of hemoglobin. Donating blood can decrease levels.

Trans & GNC\* people may want surgery or hormones to affirm their gender.

### Feminizing Surgeries

**Breast Augmentation** breast implants  
**Orchiectomy** testicle removal  
**Vaginoplasty** penile inversion to create a vagina  
**Facial Feminization** feminize the face

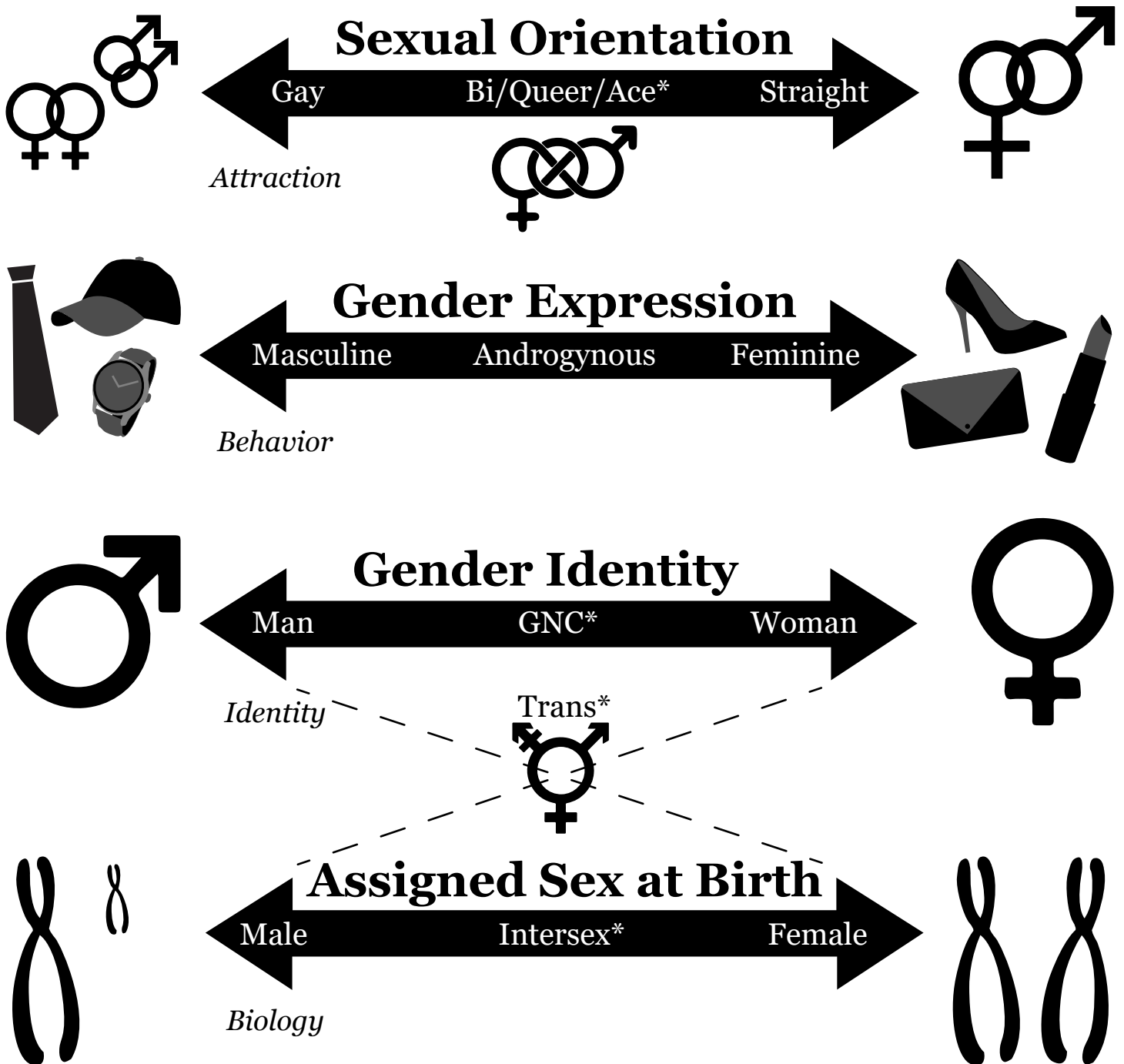
### Masculinizing Surgeries

**Mastectomy** chest removal  
**Oophorectomy** ovary removal  
**Hysterectomy** uterus removal  
**Metoidioplasty** creation of a neophallus  
**Phalloplasty** creation of a penis

\*Transgender and Gender Non-Conforming

# Identifying the Spectrum

*Our gender identity, sexual orientation, and gender expression isn't set in stone and can change over time.*



\***Ace** = someone who identifies as asexual.

\***GNC** = someone who identifies as Gender Non-Conforming.

\***Trans** = someone whose sense of gender identity doesn't match their assigned sex at birth.

\***Intersex** = someone born with reproductive or sexual anatomy that doesn't fit typical definitions of female or male.

# Sex, Bodies, & Language

As a culture we use a broad array of terms to describe different sex acts.  
Many come with STI risks while some have minimal to no risk.

Anal Sex	
<b>Barebacking</b> - condomless anal sex <b>Train F*ck</b> - anal sex with multiple partners <b>Booty Bumping</b> - drugs taken rectally <b>Fisting</b> - penetration of anus with hand/arm	<ul style="list-style-type: none"> <li>•Anal tissue is <b>thin &amp; tears</b> easily</li> <li>•No natural <b>lubrication</b> in rectum</li> <li>•<b>Micro-tears</b> create entry point for STIs</li> </ul>
Vaginal Sex	
<b>Tribadism (scissoring)</b> - rubbing genitals against each other <b>Fisting</b> - penetration of vagina with hand/arm	<ul style="list-style-type: none"> <li>•Vagina often produces natural <b>lubrication</b> (some may not so use lube!)</li> <li>•Doesn't need to be torn for <b>transmission</b></li> </ul>
Oral Sex	
using mouth, lips, or tongue to stimulate genitals or anus	
<b>Anilingus (rimming)</b> - mouth to anus <b>Cunnilingus</b> - mouth to vagina <b>Fellatio (blow job)</b> - mouth to penis <b>Deepthroating</b> - erect penis placed deep into throat	<ul style="list-style-type: none"> <li>•Low HIV risk since <b>saliva &amp; stomach acid</b> kills HIV</li> <li>•Giving oral sex is an HIV risk if there is <b>active</b> bleeding in mouth, gums, lips</li> <li>•Receiving oral sex is <b>not</b> an HIV risk since only exposed to saliva</li> </ul>
Fluid Bonding	
partners exchanging sexual fluids without barriers	
<b>Genital Rubbing</b> - rubbing genitals together <b>Cream Pie</b> - cum oozing out of orifice <b>Felching</b> - sucking cum out of anus <b>Snowballing</b> - taking semen into mouth & passing it to partner's mouth <b>Pig Play</b> - barrier free fluid exchange, scat, or blood play	<ul style="list-style-type: none"> <li>•Some STI risks since sexual fluids are passed</li> </ul>
Outercourse	
non-penetrative sexual activity	
<b>Fingering</b> - using fingers to stimulate genitals <b>Frottage</b> - dry humping <b>Intercrural Sex</b> - thrusting penis in between partner's thighs <b>BDSM</b> - consensual bondage, discipline, dominance, submission, & sadomasochism	<ul style="list-style-type: none"> <li>•Minimal to no STI risks</li> </ul>



Many trans and gender non-conforming people use different terms as well to describe their bodies such as the terms chest, front hole instead of vagina, and clitty instead of penis. Misgendering isn't just about pronouns.

# STI Risk Reduction

Pick and chose ways to protect yourself from STI infection from the following list.

Barrier Use	Contact with STI Fluids & Sores
1. Use <b>condoms</b> for anal, vaginal, & oral sex.	30. Limit anal, vaginal, & oral sex while <b>menstruating</b> .
2. Use <b>dental dams</b> for oral sex including rimming.	31. Limit contact with <b>sores &amp; warts</b> .
3. Only use <b>flavored condoms</b> for oral sex (the flavoring can irritate your genitals or anal cavity).	32. Limit touching hands with sexual fluids on them to <b>eyes or genitals</b> .
4. Use <b>bottom condoms</b> for anal & vaginal sex.	33. Limit <b>brushing teeth, flossing, open sores, bleeding cuts</b> in mouth before oral sex.
5. If other barriers are unavailable, use <b>saran wrap</b> or <b>latex gloves!</b>	34. Use own <b>razors &amp; toothbrushes</b> .
6. Check the <b>expiration date</b> of your barriers.	35. If engaged in condomless sex, pull out before <b>ejaculation</b> to reduce STI risk.
7. Keep barriers at <b>room temperature</b> (to avoid extreme heat & cold).	Medical Interventions
8. Limit <b>direct sunlight, fluorescent light, &amp; moisture</b> for barriers.	36. Get <b>tested</b> for STIs regularly (every 3 months if engaged in STI risks or become pregnant).
9. Use the <b>right sized condom</b> (should roll all the way down without bunching up with the right girth).	37. Get STI <b>treatment</b> when needed.
10. Apply a <b>drop of lube</b> to the inside of the condom's tip (to reduce breakage & increase pleasure).	38. Take <b>STI meds</b> & other meds as needed.
11. <b>Pinch condom tip</b> before rolling down the shaft (to reduce bubbles & breakage).	39. Take <b>PrEP</b> (to prevent HIV infection if at high risk).
12. If uncircumcised, pull <b>foreskin</b> back before rolling condom down.	40. Take <b>PEP</b> within 72 hours (if exposed to HIV).
13. Use a new condom when <b>switching holes</b> .	41. Take <b>HIV meds</b> (if positive).
14. Only use <b>one condom</b> at a time (doubling up leads to breakage).	42. Get <b>vaccinated</b> for Hepatitis A, Hepatitis B, & HPV.
15. Hold condom base when <b>pulling out</b> (to prevent spills).	43. Get regular <b>pap smear</b> screenings (every 3 years if assigned female at birth).
16. If condom <b>breaks or spills</b> , wash fluids from body with soap & water.	44. Get regular <b>prostate cancer</b> screenings (if assigned male at birth & over 50).
17. Use barriers on <b>sex toys</b> (or sterilize in-between use).	45. <b>Exercise</b> regularly, eat <b>well</b> , drink <b>water</b> , <b>rest</b> , <b>limit alcohol &amp; drug use</b> , & <b>reduce stress</b> (to boost your immune system's ability to fight STI infection).
Lube & Spermicide Use	46. Take <b>birth control</b> as prescribed (doesn't prevent STIs).
18. Use <b>lube</b> during anal & vaginal sex (reduces micro-tearing, rips, & irritation).	Partner Communication & Negotiation
19. Use <b>water</b> or <b>silicone-based lube</b> on barriers (they are barrier friendly lubes).	47. Tell partner(s) about your <b>STI history &amp; risk factors</b> (if you are comfortable disclosing).
20. Limit <b>flavored lube</b> for anal & vaginal sex (the flavoring can irritate your genitals or anal cavity).	48. <b>Ask partner(s)</b> about their STI history & risk factors & <b>get tested</b> with your partner(s).
21. <b>Oil-based lube</b> on condoms break them down in 30 seconds (such as vaseline, coconut & massage oil, lotion).	49. <b>Negotiate</b> sex acts & sexual behaviors as well as barrier use for anal, vaginal, & oral sex.
22. Limit <b>spermicidal cream</b> use (cause irritation).	No Risk Activities
Drug & Needle Use	50. <b>Masturbate, watch porn, &amp; sext.</b>
23. Use <b>sterile, unused syringes</b> when injecting.	51. Use clean <b>sex toys</b> .
24. Go to licensed <b>piercing &amp; tattooing</b> facilities & use <b>sterile stick &amp; pokes</b> .	52. Engage in minimal risk <b>BDSM</b> activities.
25. Exchange used syringes for new ones through <b>syringe exchange programs</b> (such as MAINLINE).	53. <b>Abstinence.</b>
26. Use own <b>injection equipment</b> separately from others (including cookers, cottons, tourniquets/ties, waters).	
27. Use own <b>snorting materials</b> separately from others (straws, dollar bills).	
28. Limit <b>drug use</b> before or during sex (such as alcohol to maintain awareness).	
29. Limit <b>crack pipe</b> use before oral sex (tiny cuts in mouth & throat, increasing STI transmission risk).	

# Nutrition

*Eating certain foods can decrease the negative impacts of substance and alcohol use on your body by improving your mood, energy levels, and memory as well as strengthening your immune system and reducing your risk for disease.*

## Complex Carbs

- Wheat Bread • Cereal • Nuts
- Low Fat Dairy • Potatoes
- Fruits • Veggies • Beans • Peas

Complex carbs are great for a short-term burst of energy.

## Fat

- Lean Meat • Fish • Dairy • Seeds
- Nuts • Avocado • Cheese
- Eggs • Yogurt • Dark Chocolate

Healthy fats boost energy and help regulate mood.

## Protein

- Lean Meat • Fish • Dairy
- Seeds • Nuts • Chicken • Eggs
- Beans • Peanut Butter • Cheese

Protein energizes you for longer and helps with digestion.

## Vitamins & Minerals

- Wheat Bread • Cereal • Beans
- Peas • Peanuts • Seeds • Milk
- Dairy • Fruits • Veggies

Vitamins and minerals can help you feel better & heal faster.

## Fiber

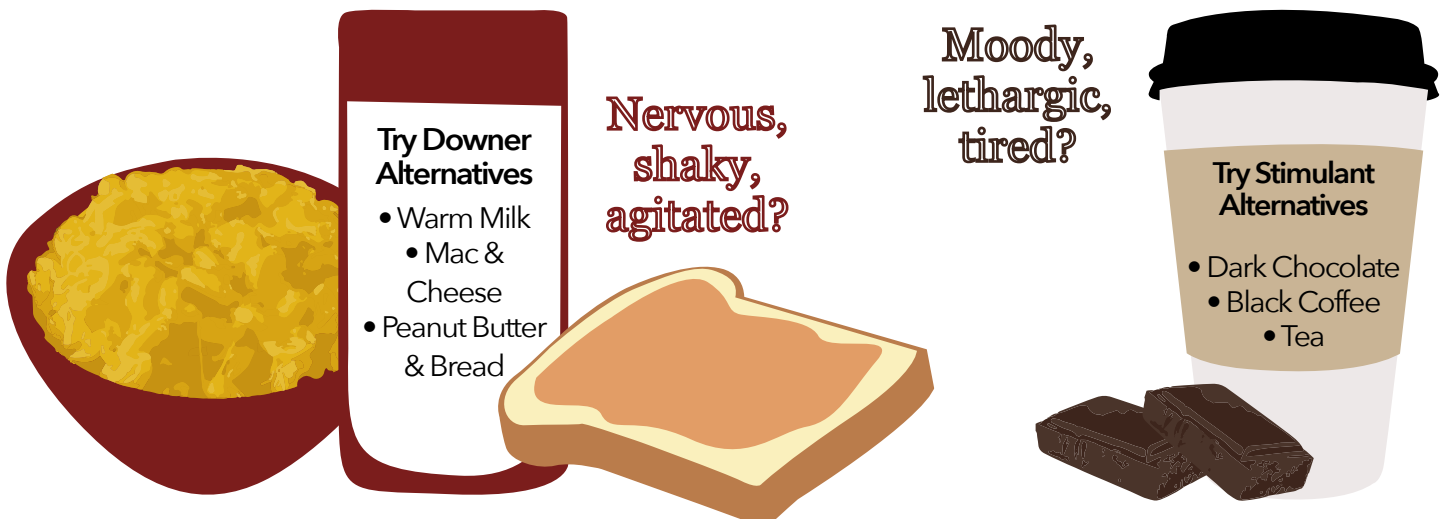
- Oatmeal • Nuts • Beans
- Wheat Bread • Brown Rice
- Apples • Carrots • Tomatoes

Fiber helps you feel full and content.

## Calcium Rich

- Milk • Yogurt • Cheese • Tofu
- Cottage Cheese • Kale
- Frozen Yogurt • Pudding

Dairy is a sleep-aid, relaxing the nerves and muscles.





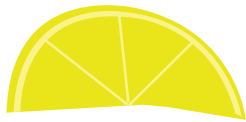
# Hydration

*Staying hydrated helps you bounce back from the negative impacts of substance and alcohol use as well as gives your body what it needs to help you detox, decrease cravings, and overcome withdrawal.*

## Signs to Drink More Water

Drinking water when consuming caffeine, sugar, salt, alcohol, and stimulants prevents dehydration.

Drinking water while exercising, walking, or sweating replenishes your body.



Citrus gives a burst of flavor and vitamins in your water.



Drinking a glass of water with every alcoholic drink or anytime you get high helps prevent dehydration.

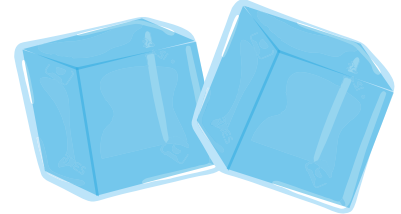


Dark Yellow Urine  
Cotton Mouth  
Fatigue  
Dizziness  
Nausea  
Dull Skin  
Muscle Cramping  
Headache  
Constipation

When using substances, drinking the following beverages keeps you hydrated:

- Sparkling Water • Bubble Tea
- Smoothie Drinks • Pedialyte
- Sports Drinks • Teas
- Electrolyte Drinks
- 100% Fruit Juice

If you prefer ice, adding ice to your water can help you drink more.



Drinking water with meals can prevent overeating since you may feel fuller.

## Hydrating Foods

- Watermelon • Strawberry
- Cucumber • Soup
- Milk • Celery
- Tomato • Cantaloupe
- Lettuce • Bell Pepper
- Orange • Peach



# Twin Cities Resource List

HIV+ Care	
<p style="text-align: center;"><b>JustUs Health</b></p> <p>2577 W Territorial Rd, St. Paul, MN 55114   (612) 341-2060</p> <ul style="list-style-type: none"> <li>• Free HIV Testing • HIV+ Services • Housing &amp; Financial • Trainings</li> <li>• Support Groups • Insurance &amp; Legal • Transportation</li> <li>• Mental Health • Health Insurance Navigation • Syringe Exchange</li> <li>• LGBTQ Advocacy • Chemical Health Assessments</li> </ul> <p style="text-align: center;"><b>Red Door</b></p> <p>Health Services Building   4th Floor 525 Portland Ave, Mpls, MN 55415   (612) 543-5555</p> <ul style="list-style-type: none"> <li>• STI Testing &amp; Treatment • PrEP • Narcan • Birth Control • Lube</li> <li>• STI Partner Notification • Condoms • Syringe Exchange</li> <li>• Immunization • Support Groups</li> <li>• Sexual Health Education Appointments</li> </ul>	<p style="text-align: center;"><b>Hennepin Healthcare Positive Care Center</b></p> <p>Blue Building   Level 1 B1.290 913 S 7th St, Mpls, MN, 55415   (612) 873-2700</p> <ul style="list-style-type: none"> <li>• HIV+ Primary Healthcare • PEP • PrEP • HIV Pharmacy</li> <li>• Case Management • Multilingual Interpreters</li> <li>• Chemical Health &amp; Nutrition Assessments • Mental Health</li> <li>• Accept Uninsured &amp; Underinsured • Free HIV Testing</li> <li>• Health Education Counseling • Med Management</li> <li>• Transportation Services</li> </ul> <p style="text-align: center;"><b>The Aliveness Project</b></p> <p>3808 Nicollet Ave, Mpls, MN 55409   (612) 824-5433</p> <ul style="list-style-type: none"> <li>• Free HIV Testing • HIV+ Care Linkage • HIV+ Member Benefits</li> </ul>
Primary Care	
<p style="text-align: center;">For Low-Income, Uninsured, and Underinsured:</p> <p style="text-align: center;"><b>Native American Community Clinic</b></p> <p>1213 E Franklin Ave, Mpls, MN 55404   (612) 872-8086</p> <ul style="list-style-type: none"> <li>• Primary Care • Mental Health • Dental • Social Services</li> <li>• Health Promotion Programs • Buprenorphine/suboxone program</li> </ul> <p style="text-align: center;"><b>Community-University Health Care Center</b></p> <p>2001 Bloomington Ave, Mpls, MN 55404   (612) 872-8086</p> <ul style="list-style-type: none"> <li>• Primary Care • Mental Health • Dental • Legal • Interpreters</li> <li>• Victim Advocacy • Education • Buprenorphine/suboxone program</li> </ul>	<p style="text-align: center;">For Low-Income, Uninsured, and Underinsured:</p> <p style="text-align: center;"><b>Open Cities Health Center</b></p> <p>Dunlap Clinic: 409 North Dunlap St, St. Paul, MN 55104 North End Clinic: 916 Rice St, St. Paul, MN 55117 (651) 290-9200</p> <ul style="list-style-type: none"> <li>• Nutrition • Chiropractic • Free HIV Testing • Medical • Dental</li> <li>• Eye Care • Mental Health • Podiatry • Outreach</li> </ul> <p style="text-align: center;"><b>People's Center Clinics &amp; Services</b></p> <p>Cedar-Riverside: 425 20th Ave S, Mpls, MN 55454   (612) 332-4973 Dental: 3152 Minnehaha Ave S, Mpls, MN 55406   (612) 332-4973</p> <ul style="list-style-type: none"> <li>• Medical • Sexual Health • STI &amp; HIV Testing • Dental • Birth Control</li> <li>• Physical Therapy • Counseling • Support Services</li> </ul>
<p style="text-align: center;"><b>Minnesota Community Care</b></p> <p>153 Cesar Chavez St, St. Paul, MN 55107 895 East 7th St, St. Paul, MN 55106 1544 Timberlake Rd, St. Paul, MN 55117 (651) 602-7500</p> <ul style="list-style-type: none"> <li>• Free HIV Testing • Medical • Dental • Pharmacy • Mental Health</li> <li>• Chiropractic • Child, Teen, Women's, Senior Health • Optometry</li> </ul>	<p style="text-align: center;"><b>Southside Community Health Services</b></p> <p>Medical &amp; Mental Health: 324 East 35 St, Mpls, MN 55408 (612) 827-7181</p> <p>Dental &amp; Vision: 4243 4th Ave S, Mpls, MN 55409 Dental (612) 822-9030   Vision (612) 821-2003</p> <ul style="list-style-type: none"> <li>• Medical • Dental • Vision • Mental Health</li> </ul>
Gender Affirming Hormone Care	
<p style="text-align: center;"><b>Hennepin Healthcare Gender &amp; Sexual Health Clinic</b></p> <p>Located in Internal Medicine Clinic   2nd Floor 715 South 8th St, Mpls, MN 55404   (612) 873-2474</p> <ul style="list-style-type: none"> <li>• Hormone Care • Primary Care • Surgery Referrals</li> </ul> <p style="text-align: center;"><b>Family Tree Clinic</b></p> <p>1619 Dayton Ave #205, St. Paul, MN 55104   (651) 645-0478</p> <ul style="list-style-type: none"> <li>• Hormone Care • Sexual Health • Limited Primary Care</li> <li>• Free HIV Testing for Uninsured • Preconception Planning</li> </ul> <p style="text-align: center;"><b>Program in Human Sexuality</b></p> <p>1300 South 2nd St, Mpls, MN 55454   (612) 625-1500</p> <ul style="list-style-type: none"> <li>• Hormone Care • Primary Care • Surgery Referrals • Mental Health</li> <li>• Sex Positive • Support Groups</li> </ul>	<p style="text-align: center;"><b>University of Minnesota Clinics and Surgery Center</b></p> <p>909 Fulton St SE, Mpls, MN 55455   (612) 676 4227</p> <ul style="list-style-type: none"> <li>• Hormone Care • Primary Care • Surgery Referrals • Bottom &amp; Top Surgery</li> <li>• Speech Therapy • Sex Positive • Support Groups</li> <li>• Individual, Group, &amp; Family Counseling</li> </ul> <p style="text-align: center;"><b>Park Nicollet</b></p> <p>2001 Blaisdell Ave S, Mpls, MN 5504   (952) 993-8052</p> <ul style="list-style-type: none"> <li>• Hormone Care • Yearly Exams • Surgery Referrals • Voice Therapy</li> <li>• Reproductive Services • Hysterectomies • Chest Reconstruction</li> <li>• Mental Health</li> </ul> <p style="text-align: center;"><b>North Memorial Health</b></p> <p>4209 Webber Pkwy, Mpls, MN 55412   (763) 581-5750</p> <ul style="list-style-type: none"> <li>• Hormone Care • Primary Care • PrEP • Surgery Referrals</li> <li>• HIV/STI Prevention &amp; Treatment</li> </ul>

## Sexual Health

### Clinic 555

Ramsey County Public Health Center

555 Cedar St, Saint Paul, MN 55101 | (651) 266-1255

- STI Testing • PrEP • PEP • Pregnancy Testing • Birth Control • Plan B
- Narcan • Wound Care • Syringe Exchange • Pap Smears
- Mammograms

### Face to Face (serve ages 11-24)

1165 Arcade St, Saint Paul, MN 55106 | (651) 772-5555

- STI/HIV Testing & Treatment • Medical • Birth Control
- Family Planning • Plan B • Pregnancy Testing • Prenatal Care

### Planned Parenthood

918 W Lake St, Mpls, MN 55408 | (612) 823-6300

671 Vandalia St, Saint Paul, MN 55114 | (651) 698-2406

- Pregnancy Testing & Services • HIV Testing • Abortion Referrals
- STI Testing, Treatment, & Vaccines • Birth Control • Plan B
- Men's & Women's Health Care

### Annex Teen Clinic (serve youth up to 25)

5810 42 Ave N, Robbinsdale, MN 55422 | (763) 533-1316

- Birth Control • STI & HIV Testing • Yearly Exams • Plan B
- Pregnancy Testing

## Addiction Treatment

### Hennepin Healthcare Addiction Medicine

914 S 8th St, Mpls, MN, 55415 | (612) 873-5500

- Treat Opioid, Alcohol, Tobacco, & Some Sedative Use • MAT
- Medical • Pain Management • Mental Health

### Pride Institute

Residential: 14400 Martin Dr, Eden Prairie, MN 55344

Outpatient: 2101 Hennepin Ave S, Suite 202, Mpls, MN 55405

(800) 547-7433

- Mental Health • Sexual Health • Support Groups

### Latitudes

1609 Jackson St, Saint Paul, MN 55117 | (612) 454-2016

- LGBT Treatment • Medical • Mental Health

### Nuway

Residential:

2200 1st Ave S, Mpls, MN 55404

2518 1st Ave S, Mpls, MN 55404

Outpatient:

2118 Blaisdell Ave, Mpls, MN 55404

1404 Central Ave NE, Mpls, MN 55413

545 7th St W, St Paul, MN 55102

(612) 767-0309

- Mental Health • Support Groups

### Valhalla Place

3329 University Ave SE, Mpls, MN 55414 | (612) 454-2260

Locations also in Woodbury, Brklyn Park, Brainerd

- MAT • Mental Health • Chemical Health Assessment

## Syringe Exchanges

### Syringe Service Programs offer:

- Sterile syringes • Injection equipment • Sharps containers
- Safe syringe disposal • HIV and Hep C Testing • Narcan
- Mental, medical, sexual health, and substance use referrals

### MAINLINE

All God's Children Metropolitan Community Church

3100 Park Ave, Minneapolis, MN 55407 | (612) 341-2060

### Red Door Clinic

525 Portland Ave, Mpls, MN 55415 | (612) 543-5555

### Indigenous People's Task Force

1335 E 23rd St, Mpls, MN 55404 | (612) 870-1723

### Southside Harm Reduction Services

Twin Cities Delivery | (612) 615-9725

### In 'n' Out NorthPoint Inc.

1315 Penn Ave N, Mpls, MN 55411 | (612) 543-2500

### Clinic 555

555 Cedar St, Saint Paul, MN 55101 | (651) 266-1255

### MN Trans Health Coalition

730 38th St Suite 108, Mpls, MN 55407 | (612) 823-1152

### Valhalla Minneapolis

3329 University Ave SE, Mpls, MN 55414 | (612) 454-2260

### Valhalla Woodbury

6043 Hudson Rd STE 220, Woodbury, MN 55125 | (651) 925-8200

### Valhalla Brklyn Park

2807 Brookdale Drive N, Brklyn Park, MN 55444 | (763) 237 9898

Updated 1/9/2020

**Find a DHS statewide treatment locator here:**

*www.fasttrackermn.org*