



CITY OF WORCESTER, MASSACHUSETTS
Department of Health & Human Services
Division of Public Health



Public Health
Prevent. Promote. Protect.

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HIV Outbreak: Protect Yourself and Others

SHARING NEEDLES OR WORKS CAN PUT YOU AT HIGH RISK OF GETTING HIV!

If you handle used needles or gear (tourniquet, cooker, cotton, water) you are at risk for getting HIV and hepatitis C. Even small amounts of blood can carry these viruses. If you are high on drugs, you may be more likely to take risks with sex, and needle sharing increasing your risk.

YOU CAN LOWER YOUR RISK OF GETTING HIV and HEPATITIS C

- Use new, sterile needles & gear and clean water every time you inject; **NEVER SHARE!**
- Always have enough syringes so you can use a new one every time.
- Mark your syringe so you know it's yours and prepare your hit in a 'safe space.'
- If you do share needles, cleaning them with bleach can help prevent HIV (see below).
- ALL pharmacies in Massachusetts sell new, clean needles.
- Use condoms or the FC2 (female condom) every time you have anal or vaginal sex OR choose sexual activities with little to no risk such as masturbation or oral sex.
- Talk to someone at a local clinic about starting PrEP (preexposure prophylaxis).
 - PrEP is a once-a-day medicine that could eliminate your chance of getting HIV.
- If you think you have been exposed to HIV, go to a local clinic or emergency room right away and ask about PEP (postexposure prophylaxis) which may prevent you from getting HIV.

CLEANING YOUR NEEDLES

- Rinse the needle 3 times in clean, COLD WATER. Use new water for each rinse.
- Flush the needle 3 times with household BLEACH. Shake the needle for a minute each time.
- Again, rinse the needle 3 times in clean, COLD WATER to get off any bleach. Dry completely.

SYRINGE SERVICES IN WORCESTER

AIDS Project Worcester is located at 85 Green Street in Worcester (Entrance at 12 Plymouth Street)
Walk-in hours: Monday, Tuesday, Thursday 8am-5:30pm; Wednesday 1pm-5:30pm; Friday, 8am-5pm

APW provides many services:

Integrated HIV, hepatitis C, and STI testing (8am-3:30pm)

Free, legal needle exchange

Overdose prevention, education, and training

Free Naloxone for those at risk of an overdose

Supported referrals to HIV, hepatitis C, and STI treatment

Supported referrals to detox and treatment programs

Risk reduction supplies to reduce the spread of HIV and hepatitis C.

Questions? Please contact Worcester DPH at health@worcesterma.gov or (508) 799-8531.

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