

Reducing Harm, Increasing Health

What is Harm Reduction?

Harm Reduction is a public health strategy used to reduce the negative impact of drug use such as overdose and death. Harm Reduction also helps reduce other negative health outcomes by reducing the transmission of HIV, Hepatitis B and C, and other infections that spread from person to person.

Who benefits from Harm Reduction?

Everyone! Harm Reduction tools and services may include:

- Risk reduction education and resources
- Referrals to mental health, behavioral, and/or substance abuse treatments
- HIV, Hepatitis B and C, and STI testing
- Naloxone (Narcan)
- Clean and sterile needles and works
- Safer sex items (condoms, lube, dams, etc.)



What is the health district's role in Harm Reduction?

BRHD provides a number of free supplies and services:

- Naloxone (Narcan) - a nasal spray that temporarily reverses an opioid overdose
- Training on how to identify an overdose and administer Narcan to those in need
- Fentanyl test strips (detects presence of fentanyl)
- Rapid HIV and Hepatitis C testing by appointment
- Testing for HIV, Hepatitis B and C, and STIs
- Additional information on other resources in the area

**For more information about BRHD's
Harm Reduction services, call 434-484-0255.**



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