

Downtown Needle Exchange

2124 4th Ave., Seattle, WA 98121
(between Blanchard & Lenora Streets)

206-263-2000

www.kingcounty.gov/needle

Hours of Operation

Monday	9:00am - 7:00pm
Tuesday	1:00pm - 7:00pm
Wednesday	9:00am - 7:00pm
Thursday	9:00am - 7:00pm
Friday	9:00am - 7:00pm
Saturday	2:00pm - 5:00pm

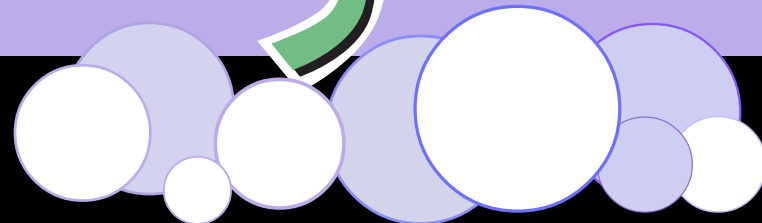
- Exchange used needles for new, sterile syringes.
- Get free cottons, cookers, alcohol wipes and other harm reduction supplies.
- Test for HIV, STIs, and Hepatitis A, B & C.
- Receive walk-in healthcare services:

Monday	1:00pm - 4:30pm
Wednesday	9:00am - 4:30pm
Friday	9:00am - 4:30pm

For additional needle exchange sites, services, and resources in King County, visit www.kingcounty.gov/needle.

CoTToN

Facts & Tips



Sharing cottons can spread HIV, hepatitis B, and hepatitis C.



Spores and bacteria grow in used cottons.



Don't save used cottons. Use a fresh, clean cotton every time you inject.



Always use a fresh new cotton, a new cooker, and a new sterile syringe every time you inject drugs,



Before you inject, **wash** your hands and the injection site with **soap** and **hot water**. Then, wipe the site with an **alcohol pad**.



Cotton Fever is caused by bacteria that live in used cottons and filters from injection drug use. Bacteria can grow quickly in cotton, especially when wet. Re-using cottons when you inject drugs can introduce bacteria directly into your blood stream. Cotton fever is uncomfortable, but it's usually not serious.

Symptoms may include:

- Chills
- Fever
- Hot flashes
- Uncontrollable shaking
- Headaches
- Nausea
- Vomiting
- Shortness of breath

Symptoms usually show up right after injecting, but may take up to an hour. Taking a second hit will not make the symptoms go away. The best remedy for Cotton Fever is to rest and hydrate.

If symptoms last longer than 3 to 4 hours, or get worse, go to an emergency room. Don't ignore symptoms, especially if they are long-lasting. Getting immediate medical attention can prevent serious infections, blood clots, or even death.

