

BAY AREA WIDE SYRINGE EXCHANGE LIST

Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, and Sonoma counties. ♥

Day	Time	Location	Services				
Alameda Co.							
Sun	6 pm-8 pm	BERKELEY 2340 Durant Ave. (across from Free Clinic)	☼☠⚡	Syringe Exchange Providers San Francisco <i>HIV Prevention Point</i> (415) 241-5100 <i>SF/NE</i> (415) 630-0744 TARC (415) 431.7476 <i>St James Infirmary</i> (415) 554.8494 Alameda Co. <i>Casa Segura/HEPPAC</i> (510) 547-0307 <i>South Co. Exchange</i> (510) 713-6690 ext 2 SF and Oakland <i>Points of Distribution</i> Delivery only. Contra Costa Co. <i>Richmond Exchange Works</i> (510) 236-8122 Marin Co. <i>Point</i> (415) 457-2487 ext. 121 Santa Clara Co. <i>Santa Clara Co DPH: Harm Reduction and Needle Exchange Program</i> (408) 885-7008 San Mateo Co. APAN (650) 369-0330 <i>Free At Last</i> (650) 462-6999 Sonoma Co. SHARP (707) 544-3295 ext. 321 Out of Area SEPs <i>Fresno</i> (559) 445-0425 <i>Lake Co.</i> (707) 993-2932 (pger) <i>Mendicino/Ukiah</i> (707) 462-1973 <i>Monterey/Salinias</i> (831) 784-6969 <i>Sacramento/Davis</i> (916) 665-1332 <i>Santa Cruz</i> (831) 915-2909 Need more info? Drugs Info http://www.erowid.org/ Drug Treatment Info http://www.drughelp.org Harm Reduction Info http://www.harmreduction.org/ Hep C Info http://www.hcvadvocate.org HIV Info http://www.thebody.com/ Sex and STDs http://www.sexuality.org/ Sex Work Info http://www.swop-usa.org/			
Tues	4 pm-6 pm	BERKELEY 3124 Shattuck Ave @ Woolsey (@ the Long Haul)	⚡				
Tues	6 pm-8 pm	E. OAKLAND E 12 th St. @ 23 rd Ave cul-de-sac by the RR tracks	☼☠⚡☠				
Wed	10am-4pm	HAYWARD 680 E. Tennyson Rd @ Ruus	No services				
Wed	10am-4pm	HAYWARD 1183 B St (corner of 2 nd)					
Wed	2pm-5:30 pm	FREMONT 2299 Mowry Ave #3B Tri City Health Ctr: BE DISCRETE					
Thu	6 pm-8 pm	BERKELEY Hearst @ San Pablo	☼☠⚡☠				
Thu	6 pm-8 pm	E. OAKLAND 100 th @ Permain b/w Edes off 98 th Ave	☼☠⚡☠				
Sat	10am-noon	W. OAKLAND 8 th and Pine St.	☼☠⚡☠				
Sat	10am-4 pm	HAYWARD 680 E. Tennyson Rd @ Ruus	⚡				
Contra Costa Co.							
Mon	6 pm-8 pm	RICHMOND 500 B St @ Barrett	Call for info regarding wound care.				
Wed	6 pm-8 pm	RICHMOND 1090 7 th St @ Factory					
Tues	6 pm-8 pm	BAY POINT 2586 Willow Pass Rd @ Pittsburg Baptist Church					
Thu	6 pm-8 pm	PITTSBURG 389 Central Ave, Cross St: Solari					
Marin Co.							
Tues	6 pm-8 pm	MILL VALLEY Park & Ride lot Stinson Beach Ext off 101	No services.				
Thu	7 pm-9 pm	NOVATO Donna St cul-de-sac off Rowland across fr. Shell.					
Sat	6:30-8:30pm	SAN RAPHAEL 1660 Second St at G St.					
San Francisco Co.							
Mon	1pm-3pm	BAYVIEW: 4618 – 3 rd St. (btw Newcomb & Oakland)	No services.				
Mon	5pm-7pm	HAIGHT: 584 Cole St. (btw Haight & Page)	⚡				
Mon	7pm-9pm	CIVIC CNTR Ivy St. (nr. Polk & Grove, Tom Waddell)	⚡				
Tues	10 am - noon	SOMA 117 6th St. (btw Mission & Howard)	No services.				
Tues	4 pm-6pm	SOMA 1372 Mission (nr. 10 th)- Current/former sex workers & partners only	No services.				
Tues	6 pm-8 pm	CASTRO Duboce St. (nr. Church & Mkt., in bikeway)	⚡				
Wed	6 pm-8 pm	TL 183 Golden Gate Ave. (@ Leavenworth, in TARC),	⚡				
Wed	6 pm-8 pm	HAIGHT 584 Cole St. (btw Haight & Page)	⚡				
Wed	6 pm-8 pm	MISSION 427 So. Van Ness St. (btw 15 th & 16 th St's.)	⚡				
Thurs	1 pm – 3 pm	BAYVIEW 4618 – 3 rd St. (btw Newcomb & Oakland)	⚡				
Thurs	7 pm -9 pm	TL Hemlock Alley, (btw Post & Sutter, off Polk),	⚡				
Thurs	6 pm – 8 pm	MISSION 165 Capp (btw 16 th & 17 th St's.) WOMEN ONLY	⚡				
Fri	noon-2 pm	SOMA 117 6th St. (btw Mission & Howard)	⚡				
Fri	5 pm – 7 pm	HAIGHT 584 Cole St. (btw Haight & Page)	⚡				
Fri	6 pm – 8 pm	TL 234 Eddy St. (btw Jones & Taylor, nr Windsor Hotel)	No services.				
Sat	3 pm – 5 pm	SOMA 117 6th St. (btw Mission & Howard)	⚡				
Santa Clara Co.							
Mon	9am-11am	SAN JOSE 1 block N of Julian on 1 st St, turn left on Bassett	Some sites have HIV testing. Call for info.				
Mon	1:30pm-4pm	SAN JOSE 1 block from Story & King Rds. Turn R@ Knox Ave.					
Tues	1pm-3pm	SAN JOSE Under the 280 overpass between 1 st and 2 nd .					
Tues	3:15-4:45pm	SAN JOSE Stockton & Lenzen Ave near the corner/ RR tracks.					
Wed	1:30-4pm	SAN JOSE 1 block from Story & King Rds. Turn R@ Knox Ave.					
Thu	4pm-6pm	SAN JOSE Stockton & Lenzen Ave near the corner/ RR tracks.					
Fri	10-11:30am	SAN JOSE VMC Campus: corner of Enborg and Thorton Ave.					
Fri	1:30pm-4pm	SAN JOSE 1 block N of Julian on 1 st St, turn left on Bassett					
San Mateo Co.							
7 days	7am – 7 pm	Call for delivery. 7am – 7 pm, 7 days a week. (650) 369-0330	No services.				
	unknown	Call for more information. Free At Last (650) 462-6999					
Sonoma Co.							
Fri	5:30pm-8pm	SANTA ROSA @Drug Abuse Alternatives 2403 Professional Dr.	⚡☠				
Other: Points of Distribution							
varies		Oakland and San Francisco outreach	⚡				
Key to Service Symbols:	☼	☠	☠	⚡	⚡	⚡	
	Food	General medical care	Hepatitis testing	Hepatitis vaccination	HIV Testing	OD prevention & naloxone	Wound care

♥ There is currently no syringe exchange in Solano Co. Please feel free to start one ☺



THE LEGAL BEAGLE...



Q: Is syringe exchange legal?

A: Syringe exchange is legal depending on where you live. In "health jurisdictions" (usually the county but sometimes a city) where a "state of emergency" due to HIV has been declared the county board of supervisors or city council can suspend the law that effects syringe exchange. This legalizes syringe exchange in a specific jurisdiction. This law only affects those who **provide** syringes. It is still illegal to have syringes if you are going to use them to shoot. However some counties (like Sacramento Co.) have no state of emergency.

Q: I heard you can buy syringes at the drug store now, without a doctor's note! Is that true?

A: Sort of. A new law was passed that allows counties to decide to make an exception to the laws regarding syringe provision. In those counties you can purchase up to 10 syringes from a participating pharmacy and you are allowed to have them as long as they do not have "a useable quantity of drugs". In addition everyone can now possess dirty syringes that are "containerized for disposal".

Q: What can happen to me if I am caught carrying syringes?

A: If you are not on parole or probation you will most likely be cited on a misdemeanor paraphernalia charge (\$150 per syringe). If you have enough syringes it may be seen as a felony and you may receive jail time or probation. If you are already on parole, probation or if you have outstanding warrants you may have to go back to jail. However in some jurisdictions you may not even be cited because the needle exchange has developed an amnesty deal with the police department.

Q: What are my rights if the police stop me?

A: Please keep this in mind: if you are not on parole, probation and you do not have outstanding warrants the police cannot search your person, your things, your car, or your home without your consent or a warrant. The police may conduct a "pat search" for weapons if you are stopped on the street but the officer may not go into your pockets unless they have "probable cause". If you are stopped, or the police come to your house let them know that you know this (as politely as possible) and repeatedly say "I do not consent to a search". Do not stand in the way of the officer, simply state your rights and tell your lawyer as soon as possible that you actively objected to the search.

Q: Are there different kinds of syringe exchange?

A: Yes. The vast majority of syringe exchanges are either "one-for-one" or "one-for-one plus some". One-for-one exchanges demand that you drop one dirty for each clean you are given. One-for-one plus some have a base number that you can pick up (say 10 or 20) after which they need a one-for-one exchange. The rarest type is called "distribution based". These syringe providers may offer disposal but also simply give away syringes with no expectations for returns. Syringe exchange can also be "site based" (meaning you go to them) or "mobile" (also called delivery or outreach-based).

WHAT IS ALL THE STUFF THAT THEY GIVE YOU AT THE EXCHANGE*?

Alcohol Pads-Are used to clean your skin before you inject. Remember to wipe in a spiraling motion moving outward from the center or in one direction on each side of the pad; don't scrub back and forth.

Ascorbic Acid-Many exchanges carry powered vitamin C for shooting crack because lemon juice can cause blindness. Use about the same amount of ascorbic as the size of your rock and mix it (with water) until the mix stops bubbling.

Bleach-Not all syringes exchanges still give out bleach, but those that do advise people on the 3X3 rule: clean your rig with bleach 3 times and rinse it with clean water 3 times before you re-use or share. *Please keep in mind that there isn't a lot of evidence to suggest that bleach can kill hep C.*



Condoms and Lube-Are used to protect you from sexual transmission of HIV and other STDs.

Cookers-Cookers are usually small aluminum caps used to cook dope in though you can use pretty much anything that works to cook your dope in as long as you don't share it.

Cottons-Cottons generally come in two sizes: large (like the ones you can get at the drug store) and very small. They are used to filter your dope. The very small ones are generally the best for shooting up because you don't have to play with them to get them into the right size.

Hand Wipes-Anti-microbial hand wipes should be used before you inject to eliminate bacteria on your hands, though washing your hands with soap and water is even better.

Syringes- Are used to shoot up and come in many sizes. The most commonly used syringes are those used for insulin injection. Syringes generally have three measurements: gauge (of the point), length (of the point), and barrel capacity. Thus a 27g, 1/2 inch, 100 unit syringe would have a 27 gauge needle that is 1/2 inch long and can hold 1cc of fluid. *Note:*



Gauge size is smaller the larger the number is, 27g needle is a larger gauge and therefore wider than a 30g needle. Generally longer needles (1 inch to 1.5 inches) should be used for muscling and shorter needles for IV injection.

Ties-Tourniquets are used to help the blood fatten your veins so that you shoot up more easily, don't forget to un-do your tie after you register but before you hit to avoid vein collapse.



Water-Many syringe exchanges give small plastic vials of sterile water to cook your dope. These can be resealed by heating the tip and squeezing the melted plastic together (careful though, it can burn).

Please note: These are the most common supplies; what your local exchange stocks may vary.

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FOR CORRECTIONS CONTACT: points_of_distribution@yahoo.com
For Best Results: Copy double sided on letter size paper, use the "photo" or "photo/text" mode on your copier.

Bay Area Syringe Exchange



The Full List

CURRENT AS OF: 1/06