



# I-TRACK

*VANCOUVER ISLAND USER SURVEY*

**In the fall of 2008, over 220 people who injected drugs in Central and North Vancouver Island volunteered to do an anonymous questionnaire and blood test.**

**This is what we found:**

**1 in 4  
users  
exposed to  
Hep C didn't know  
they'd been  
infected**

**1 in 20  
users were  
HIV+ and 7 in 10  
users had been  
infected with  
Hep C**

**Many users  
infected with  
Hep C share  
their rigs and  
gear**

## GET TESTED, GET TREATMENT

For information on testing and to get new rigs:

### CENTRAL ISLAND

Duncan/Cowichan Valley:  
250.510.3637 (NARSF)

Nanaimo: 250.753.6759 (NARSF)  
250.753.2437 (AVI)

Port Alberni (VIHA Health Unit):  
250.731.1322 or 250.735.1480

Port Alberni/West Coast/Parksville:  
250.735.6414 (NARSF)

### NORTH ISLAND

Campbell River:  
250.830.0787 (AVI)

Comox Valley: 250.338.7400 (AVI)  
1.877.311.7400 (AVI)

Port Hardy/Port McNeill:  
250.949.0432 (AVI)

## Make it your gig to pick up your rigs

- **Never** leave used rigs lying around
- Put used rigs in metal or hard plastic screw-top container; make sure lid is screwed on tight; return to needle exchange or drop in trash can

## SHUT THE WINDOW ON HIV

Many people who inject drugs and contract hepatitis C are diagnosed with HIV within 3 years.

Protect yourself and you protect each other.

## Friendly reminder

- Use new rigs
- Use condoms when having sex
- Get vaccinated for hepatitis B

For the I-Track Survey Report go to:  
<http://www.viha.ca/mho/publications/>



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