

**Get all the FREE cottons,
cookers and alcohol wipes you
need at the Needle Exchange.**

Downtown Needle Exchange

1511 Second Avenue

(between Pike & Pine in downtown Seattle)

Open Monday - Friday

1 - 5:30 pm

Saturday 2 - 4 pm

- Exchange used rigs for new, sterile ones.
- Test for HIV, hepatitis and TB.
- Get great advice and helpful hints from our vein care pros.
- Get quality health care from the docs in our Medical Clinic.
(Monday - Friday 1:30 - 4:30 pm)

**There are 7 needle exchange sites in
King County.**

**Call 206-205-7837 for hours
and more information.**

www.metrokc.gov/health/apu



Available in alternative formats

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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 for when you can't score. Save a tiny bit of dope instead.



Use a fresh, clean cotton every time you shoot.



Always use a fresh new cotton, a new cooker and a new sterile syringe.



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

Cotton Fever is probably not caused by cotton fibers. It's more likely caused by bacteria that live in the cotton. Cotton can grow a lot of bacteria, especially after it gets wet. Re-using cottons can put bacteria directly into your blood stream. Cotton fever is uncomfortable, but it's usually not serious.

Symptoms may include:

- Chills
- Fever
- Hot flashes
- Shaking that you can't control
- 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 them go away. Instead, grab a blanket and let the infection take its course.

If symptoms last longer than 3 to 4 hours, or get worse, **go to an emergency room**. **Don't ignore symptoms**, especially if they last. They can mean that you have a very serious infection or even a blood clot that could kill you.

