

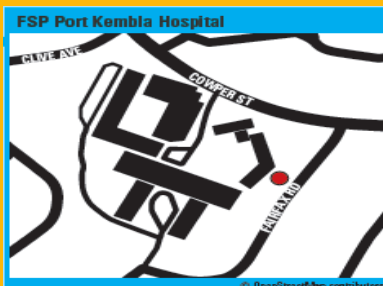
Accessing First Step Program

Primary Offices:

Port Kembla Hospital

Fairfax Road, Warrawong

Mo—Fri 8.30am - 5pm



2 Rawson Street

Wollongong

Mo—Fri 9am—1pm



Outreach—Field workers can visit clients at home, on the street, “where ever”.

To make an appointment simply call the Primary Office on (02) 4275 02 4275 1529. 02 4275 1529.



Visit any of our Secondary Outlets

Bulli Community Health Centre—Princes Hwy, Bulli

Bellambi Neighbourhood Centre—Rothery Rd ,Bellambi

Access Community Group—Railway St, Corrimal

Darcy's House—Old Port Rd, Port Kembla

Port Kembla Community—Crn Wentworth St & Church St, Port Kembla

Warilla Community Health Centre—Belfast Ave, Warilla

Dapto Community Health Centre—Marshall St, Dapto

Nowra Community Health Centre—Lawrence Ave, Nowra

DACAT Nowra—Berry St, Nowra

Ulladulla Community Health Centre—Princes Hwy, Ulladulla

Visit any of our NSP Vending Machines

Wollongong Hospital—A&E Department

Shellharbour Hospital—A&E Department (outside)

Shoalhaven Hospital, Nowra—A&E Department

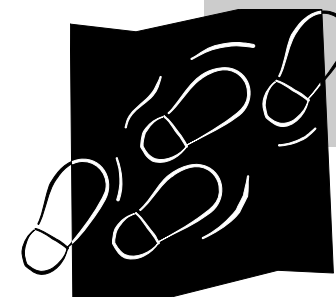
Milton Ulladulla Hospital—Princes Hwy, Milton



FIRST STEP PROGRAM
'working for all, towards a
community free of HIV and
Hep C'.

First Step Program

Blood Borne Virus Prevention Service
Port Kembla Hospital
Warrawong NSW 2502



Tel: 02 4275 1529
Mob: 0411 408 726

First Step Program

The First Step Program is a combined initiative of the Commonwealth and State governments.

The primary goals of the program are:



FIRST STEP PROGRAM

Helping people find new directions

3. Through consultation with the wider community develop strategies that further promote greater HIV/AIDS & Hep C awareness and lower the incidence of (injecting) drug use.

1. Reduce the incidence of HIV/AIDS & Hep C Infection amongst injecting drug users. Through this reducing the overall risk of infection throughout the wider community.
2. Encourage people currently injecting drugs to seek treatment to overcome their addiction issues.

HIV/AIDS & Hep C Information

HIV – The Human Immunodeficiency Virus (HIV) attacks the immune system – the body's defence against disease.

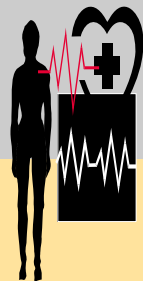
People who have the virus are said to be HIV positive.

Because HIV can live in the body for years without obvious effects, many people with HIV remain feeling healthy. Some people will later go on to develop AIDS (Acquired Immune Deficiency Syndrome).

Hep C – Is a particularly virulent form of Hepatitis. Many people will have no symptoms, while others may feel tired, nauseous and experience abdominal pains. For every 100 people infected by the virus 80 will become carriers. Of these 20 will go on to develop long term inflammation of the liver. A number of these people will eventually go on to suffer cirrhosis of the liver and/or liver cancer.

How the viruses are transmitted.

HIV (the AIDS virus) is spread by semen (cum), vaginal fluids or blood passing from a person with HIV into the bloodstream of another person. The major ways HIV is passed on are through the sharing of needles and syringes,



Ensure your health – never share any injecting equipment. Always practice safe sex.

Hep C is primarily spread by infected blood passing from person to person through blood borne activities such as, sharing of needles and syringes, razors and toothbrushes, or unsafe tattooing practices. There is little evidence of sexual transmission of the virus

First Step – How it works

Clean Needles & Syringes

Provided on the understanding, that once used they will be returned for safe disposal.

Condoms

Provided on request.

Information

The First Step Program has available to everyone a wide range of pamphlets, journals and booklets on HIV, Hep C, general health, welfare and legal issues.

Education

Provided to clients regarding safe sex and drug use behaviour practices. First Step also provides formal seminars on request to the general public, professional and community groups.

Support

Available to all clients. This solution focused approach allows the individual to explore issues regarding drug use and prompts action for drug cessation.

Referral

Extensive liaison list provides staff with the latest information for referral to relevant groups and services in and outside the Illawarra & Shoalhaven (eg. Methadone Programs, Drug Rehabilitation Services, Narcotics Anonymous).