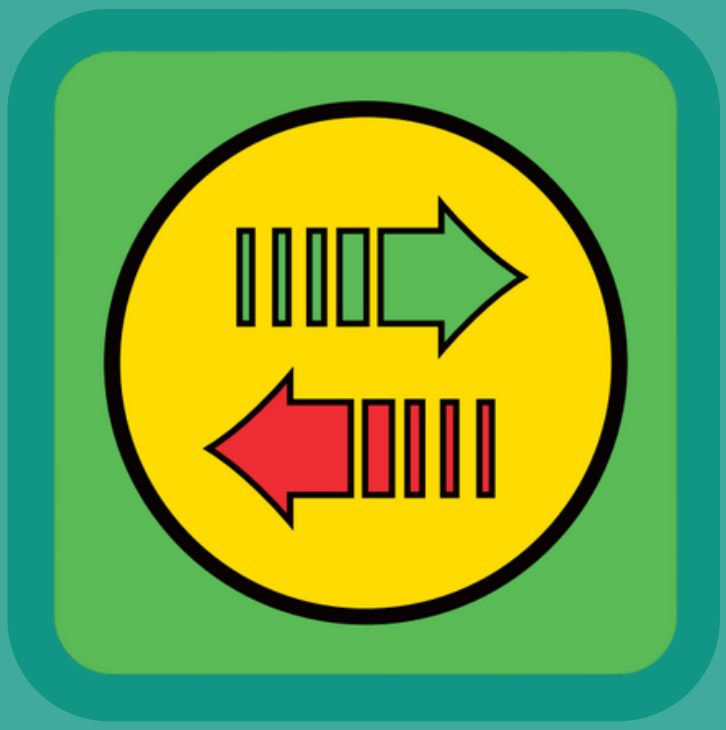

Needle Exchange

East Riding of Yorkshire

Public Health

www.eastridinghealthandwellbeing.co.uk

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If you are injecting

- **Avoid injecting in or near a wound**, this can make it worse.

- **Keep your wound (and injecting sites) clean**: washing with soap and water is best. Unperfumed wipes are okay – don't re-use them (one swipe per wipe!). Cotton wool is not good: it can leave fibres in the wound.

- **Avoid touching the area**. If you need to, wash hands before and after.

- **Look out for signs of infection** such as pus, red/hot skin, feeling unwell (high temperature, shivery etc).

- **If the wound is infected, or getting worse you might need antibiotics**: show a pharmacist, someone at your local drug treatment or health care service for advice.

- **Always bring back your used works**. It is free to safely return your used injecting equipment in the sharps container provided when picking up new works.

- **Ask a the pharmacist** for information and confidential advice.

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Pharmacies offering needle exchange

BRIDLINGTON	**Boots** 01262 673202 9-13 Promenade, Bridlington, YO15 2PY
	West Hill Pharmacy 01262 603999 29 Bessingby Gate, Bridlington, YO16 4RB
	Pharmacy + Health 01262 676847 1-5 Westgate, Old Town, Bridlington, YO16 4QF
GOOLE	**Boots** 01405 764118 Wesley Square, Goole, DN14 5EZ
	Stone (Coggrave) Pharmacy 01405 763282 86 Boothferry Road, Goole, DN14 6AD
	Stone Pharmacy 01405 497902 Fifth Avenue, Goole, DN14 6JD
	Allied Pharmacy 01405 763074 Goole & District Hospital, Woodland Avenue, Goole, DN14 6RU
BEVERLEY	**Boots** 01482 881583 43-45 Toll Gavel, Beverley, HU17 9AA
WITHERNSEA	**Boots** 01964 613371 124 Queen Street, Withernsea, HU19 2HB
HESSLE	**Hessle Pharmacy** 01482 642226 225 Boothferry Road, Hessle, HU13 9BB
DRIFFIELD	**Boots** 01377 252067 55 Middle Street South, Driffield, YO25 6PS
HORNSEA	**Day Lewis** 01964 532066 85 Newbegin, Hornsea, HU18 1PA

A **free** and **confidential** service

All information updated March 2025

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FOR SUPPORT

FIND INFORMATION ON DRUG OR ALCOHOL TREATMENT, STOP SMOKING SERVICES, MENTAL HEALTH SUPPORT, AND MORE

OR CALL **01482 336675** TO SPEAK TO THE **OPEN ACCESS** DRUG AND ALCOHOL TREATMENT SERVICE PROVIDED BY **EAST RIDING PARTNERSHIP**

www.eastridinghealthandwellbeing.co.uk

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