

Get Tested. Get Treated. Get Cured.

# HCV & Harm Reduction

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## OVERVIEW OF HARM REDUCTION

Harm reduction is a set of everyday tactics that we can use to lower the chance of mental, emotional or physical harm that we may experience from something potentially harmful we are doing.

Harm reduction is often associated with people who inject drugs and use substances, but whether or not we are currently using substances all of us have likely used harm reduction.

Here are a few examples:

- Wearing a seat belt.
- Applying sunscreen.
- Salting your steps in the winter.
- Taking blood pressure and/or cholesterol medicine.

The ways we use harm reduction in our everyday lives are plentiful and that's a good

thing! We can help ourselves stay healthy and safe by making even the smallest of positive changes. This means that we take any steps possible to limit any harm that may come from our actions.

Harm reduction isn't about supporting substance use. It's about compassion and understanding. Many people use substances for a lot of different reasons, but all people who use (or have used) substances deserve respect and encouragement so they are empowered to improve their health.

We don't tell someone who has high cholesterol they'll get healthcare if they stop eating junk food. We help them control their cholesterol by giving them medicine while also working on their diet. Harm reduction with people who use substances is the same.

**learn more by visiting [www.hcvadvocate.org](http://www.hcvadvocate.org)**

health...respect...empowerment...

