



Healthy tips For you



Use condoms

Using latex condoms correctly and consistently can lower your risk of getting HIV and other sexually transmitted infections. Take an extra step to protect your health!

Learn more

HIV Testing Service
Department of Health:

<https://www.hivtest.gov.hk>



**Multi-modality approach to
drug treatment and rehabilitation:**

[https://www.nd.gov.hk/en/
treatmentandrehabilitation.html](https://www.nd.gov.hk/en/treatmentandrehabilitation.html)



PA/AO/24-01(E)/DRU-INF



Methadone



衛生署
Department of Health



衛生防護中心
Centre for Health Protection



紅絲帶中心
Red Ribbon Centre



Get methadone. Say no to heroin.

Methadone therapy can be used safely to alleviate heroin addiction and typically has no serious side effects. It works well for quitting heroin.



Methadone Hotline

2835 1831



Anti-drug Telephone Enquiry Service

186 186



Tips?

For your health Get tested

Getting tested for HIV at least once a year will help you understand your health status.

- ✓ Methadone clinics offer free annual HIV testing
- ✓ AIDS Hotline **2780 2211**

**Free
Anonymous
Confidential**



Tips!

Zero syringe

Zero infection



Don't use syringes to inject drugs, and never share syringes with anyone. Protect yourself from contracting HIV, hepatitis B, hepatitis C, and tetanus infection.