



# Needle Exchange

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## East Riding of Yorkshire

Public Health

[www.eastridinghealthandwellbeing.co.uk](http://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.



# Pharmacies offering needle exchange

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

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

All information updated March 2025



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# SCAN HERE

## 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](http://www.eastridinghealthandwellbeing.co.uk)



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