

DID YOU KNOW?

COTTON FEVER IS CONSIDERED A MYTH TO MANY HEALTH CARE PROFESSIONALS BUT IT IS VERY MUCH REAL!

ADVOCATE FOR YOUR HEALTH & MAKE SURE TO DISCLOSE YOUR FILTRATION METHOD

COTTON FEVER IS DIFFICULT TO DIAGNOSE BECAUSE IT MIMICS SYMPTOMS OF WITHDRAWAL

REFERENCES & RESOURCES

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Dunn, A., & Gauthier, T. (2018). *Wound Care Manual. An Introductory Guide for Assessing and Understanding Common Wounds with People who Inject Drugs*. Retrieved from:

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Interior Health Peer Advisory Group

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COTTON FEVER

What is Cotton Fever & How to Avoid it: A Pamphlet for Intravenous Drug Use Complications



COTTON FEVER IS ONE OF THE MOST COMMON RISKS SEEN IN INTRAVENOUS DRUG USE



WHY SEE A DOCTOR?

To rule out life threatening conditions such as 'sepsis' an infection in your bloodstream & 'endocarditis' an inflammation of your inner heart which can be fatal



WHAT IS COTTON FEVER?

Cotton fever is a bacterial illness that can happen after injecting with un-sterile equipment.

**CAUTION:
USED COTTONS ARE THE
PERFECT BREEDING
SOURCE FOR
BACTERIA**

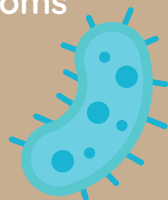
**CAN PROGRESS TO A
SERIOUS BLOOD
INFECTION 'SEPSIS' IF
NOT TREATED QUICKLY**

WHAT ARE THE SYMPTOMS?

Begins within 15-30 mins of injecting

- Fever
- Chills
- Muscle or body aches
- Migraines
- Joint pain
- Flu-like weakness & pain

Seek Help such as calling 8-1-1 if you experience these symptoms after injecting.



COTTONS & FILTERS

Cotton is used to filter unwanted fillers, making it easier to draw up your substance into the syringe.

TRY A STERIFILT

**SINGLE USE
FILTER THAT
ELIMINATES
ALMOST ALL IMPURITIES
FROM A SOLUTION BEFORE
INJECTING &
WORKS WITH ALL
SYRINGES**

***SAFEST COTTONS ARE STERILE
COTTONS***

**AVAILABLE AT MOST HARM
REDUCTION SITES**



**For more information on the use of
SteriFilt please see: BCCDC SteriFilt
Link on (towardtheheart.com)**

- Use a fresh sterile filter every time
- Avoid sharing cottons or supplies
- Avoid using cigarette filters, they contain small shards of fibreglass.



AFTER TALKING TO A HEALTH CARE PROFESSIONAL HERE ARE SOME HOME REMEDIES



**THE SYMPTOMS OF
COTTON FEVER CAN
BE EXTREMELY
UNCOMFORTABLE**

TIPS TO EASE DISCOMFORT

- Get plenty of rest
- Drink lots of fluids
- Place a cool cloth on your forehead
- Monitor your symptoms

