

COVID-19

HARM REDUCTION TIPS FOR PEOPLE WHO USE DRUGS

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Practicing good hygiene is the best way to protect against the novel coronavirus and other illnesses in this cold and flu season.

1

WASH YOUR HANDS

Wash your hands with soap and water for at least 20 seconds. Or use hand sanitizer if your hands are not covered with dirt.



2

MINIMIZE CLOSE CONTACT WITH OTHER PEOPLE

Maintain "physical distancing" - sit or stand at least 2 meters (6 feet) apart from other people.



3

STAY HOME IF YOU ARE SICK

Symptoms of COVID-19 include fever, cough and difficulty breathing. If you are staying with others, keep a 2 meter (6 foot) distance.



4

DON'T SHARE

Pipes, bongs, vapes, cigarettes or joints, nasal tubes and all injecting equipment, including sterile water, cookers, filters, wipes, ties, etc.



5

STOCK UP ON DRUG USING EQUIPMENT AND NALOXONE

Get enough to last 3-4 weeks.



6

PREPARE YOUR DRUGS YOURSELF AND COOK THEM EVERY TIME

Don't handle or touch other people's drugs/equipment and don't let them touch



8

BE PREPARED TO GO THROUGH WITHDRAWAL INVOLUNTARILY

If your supplier(s) gets sick, have a back up plan.



9

DISPOSE OF USED EQUIPMENT IN BIOHAZARD BINS



OVERDOSE PREVENTION LINE - If you use drugs alone, have a friend check on you or use the OVERDOSE PREVENTION LINE and someone will stay on the phone with you while you use and call 911 if you overdose. 1-888-853-8542

Need Help? **Call 211**
24 hours a day, 7 days a week
Connecting People to Services