

COVID AND HARM REDUCTION

PRACTICE SAFER DRUG USE TO PREVENT COVID-19 / CORONAVIRUS

1 TRY TO MINIMIZE SHARING OF SUPPLIES

- Don't use shared pipes, e-cigs, cigarettes, pipes, joints, or nasal tubes such as straws.
- If you have to share, wipe down mouthpieces with an alcohol swab before sharing or use separate mouthpieces.
- Put smoking, snorting, and injecting equipment in bio-bucket or sharps container so people know they are used.

2 TRY TO MINIMIZE CONTACT

- If you are having sex or doing sex work, COVID-19 can be transmitted by close contact like coughing, kissing or direct contact with bodily fluids. Use condoms and try to minimize contact.

3 PLAN & PREPARE FOR OVERDOSE

- COVID-19 is an upper respiratory illness which means you will be at greater risk for overdose fatality.
- If you are alone, try to start with a small amount and go slowly.
- If you are using with others, make a plan and stagger use.

4 HARM REDUCTION SUPPLIES AND OAT

- If you're on medication assisted treatment, check with your pharmacist and provider and ask what their procedures will be if you are quarantined or they have to close.
- Be sure to stock up on new works, new syringes and safe use supplies as you may be quarantined or the places you get these supplies may have limited staffing or hours.
- Make sure you have naloxone.
- Remember if you have to change dealers, to always GO SLOW when using from a new supplier.
- Test any drugs you may get from a new or unknown source, if possible.

