

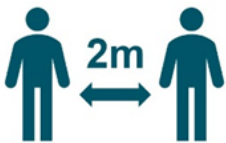
# Tips for Reducing COVID-19 Risks for People Who Use Substances

If you have difficulty breathing or experience other severe symptoms, call 911.



## Wash your hands

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
- Wash before you prepare drugs and after you are around others, use public transit, handle cash or get your substances.



## Practice physical distancing

- Avoid close contact like coughing and kissing and don't put drug baggies in your mouth.
- Keep 2 metres or 2 arms lengths away from others, but don't use alone.
- Phone a friend or the [Overdose Prevention Line](https://www.18888538542.com) so that you aren't using alone. Call 1-888-853-8542 and a peer will stay on the phone with you. The line runs Monday to Friday from noon to 10pm and weekends from noon to midnight.



## Don't share substances or gear

- Don't share substances or gear, including cigarettes, joints, pipes, bongs, vapes, stems, straws, injecting equipment, alcohol containers, utensils, etc.
- If you must share, wipe equipment with alcohol wipes or use new mouthpieces.



## Prepare your own drugs

- Wash your hands and wipe down surfaces where you prepare your drugs, before and after use, with alcohol wipes or household cleaners.
- Prep your own drugs and try not to let others handle your drugs or gear.
- If you must have someone else prep them, make sure they wash their hands.



## Prepare for low supply and work with your OAT Prescriber

- Prepare for low supply and unplanned withdrawal. Be cautious if using a new supply – start low and go slow.
- If you are on opioid agonist treatment, methadone, suboxone or prescribed opioids for safer supply reasons, ask your prescriber if it's possible to extend your prescription and reduce the frequency of in-person appointments. Ask them for phone/video appointments, carries or to help you get doses delivered.



## Stock up on harm reduction supplies and naloxone

- Stock up on enough supplies for 1 week. If you're sick, ask a friend or ARCH (519-240-4098) to bring you supplies. You can still access the CTS and pick up supplies there if you're sick. Make sure you tell ARCH staff that you're sick on the phone or CTS staff when you arrive, so they can help keep everyone safe.
- If you're healthy, continue to go to Stay Sharp, Community Health Van or CTS.



## Respond to overdose

- COVID-19 affects breathing and may increase your risk of opioid overdose. Always carry naloxone and don't use alone, but remember physical distancing.
- It is safe to give naloxone using gloves in your kit. For CPR, give chest pumps only, not rescue breaths. Call 911 and alert them to COVID-19 cases/contacts.