

COVID-19

Harm Reduction Tips



Clean your hands

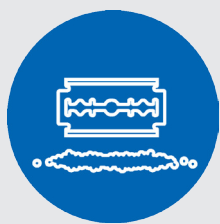
Clean hands frequently with soap and water for at least 20 seconds or use alcohol-based hand sanitizer. Dry your hands well with paper towel or a clean cloth towel.

Wash before you prep your drugs, **wash after** getting your drugs, contact with others, using public transportation, and handling cash.



Don't share gear

Sharing gear increases the risk of spreading the virus and other germs. Don't share stems, meth pipes, straws, injecting supplies (including ties, swabs, filters), cigarettes, bongs, joints and vapes.



Prep your own drugs

Try not to let others handle your drugs or drug-use supplies and don't handle theirs.



Get extra harm reduction supplies and naloxone

Next time you are at a harm reduction agency, ask for extra supplies. Stocking up for 2–4 weeks will help to limit your contact with others.



Avoid putting drug baggies/wraps in your mouth, anus or vagina

If you have to carry drugs inside your body, clean the bag/wrap thoroughly with alcohol-based sanitizer, alcohol swabs or isopropyl alcohol solution prior to inserting and after you take it out. Use an alcohol-based mouthwash to clean your mouth if that's how you carry. If your dealer carries in their mouth, ask them to consider a different method.



Work with your Methadone/Suboxone/OAT Prescriber

If you are on opioid agonist treatment or prescribed opioids for safer supply reasons, ask your healthcare provider to extend your prescription and reduce the frequency of your in-person appointments. Ask them for telephone or video-chat appointments, take home doses or help you get doses delivered to you if possible.



Prepare for unplanned withdrawal

Have a back-up plan in case your dealer gets sick. Ask your healthcare provider to help with getting on OAT or getting the medications you might need for opioid withdrawal. Benzodiazepine and alcohol withdrawal can be very dangerous—team up with someone you trust who will be able to get you medical care if you go into withdrawal.



Respond to overdose

Call 9-1-1 for medical help. Any time you have to give naloxone or respond to a medical emergency, use the gloves provided in your naloxone kit and wear a face covering if available. If doing CPR, provide chest compressions only, NOT rescue breaths. Always safely dispose of used kit contents directly into the trash, or inside a sharps container/biohazard bin if the kit contains a needle, after use and clean your hands.

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