What you can do to PREPARE FOR COVID-19.

**Distance yourself**
- Stay at least 2 metres (6 feet) apart from others.
- Need to give someone something? Set it down and move back 2 meters.

**Plan ahead**
- Regular supply may be a problem, and sources may be different.
  - Prepare for poisoning or withdrawal. Stock up on naloxone. Talk to your health care provider.
  - Call friends who can get you what you need during isolation.

**Stock up in case of isolation**
- Have 14 days of supplies, like drugs and equipment, or other necessities.
  - Get a larger sharps container, or more smaller ones.

**Have an isolation plan**
- If you have a fever, cough, shortness of breath, difficulty breathing, sore throat, runny nose, test positive, or have been near someone who might have COVID-19, isolate.
  - Stay in your own space.
  - Do not share: use your own items (toiletries, food, linens).
  - If you don’t have a place to isolate, call 811 for help.
Using alone.

- Use while on the phone with a trusted person.
- Use supervised consumption services (SCS) if possible.
- Have a naloxone kit.
- Use somewhere visible.
- Leave doors unlocked.

- Ask someone to check on you.
- Start low and go slow with your dose.

Using Alone card: 2.5" h x 3" w option 2
CLEAN + DISINFECT to prevent COVID-19.

Clean visible dirt with
- Soap or baby wipes for hands and body
- Detergent for clothing and surfaces

Disinfect to destroy the virus with
- Disinfectant wipes (e.g., Clorox, Lysol) for surfaces
- Bleach or hydrogen peroxide for surfaces
- Alcohol (at least 70%) for hands and surfaces

What to Clean
- Wash before and after cleaning your space, and before and after using drugs
- Drug packaging: baggies, vials, packets, foil, papers
- Counter, table or surface before and after use
- Faucets, door knobs, drawer or cabinet handles
- Any equipment being reused (e.g., lighter, pipe)
- Equipment packaging (e.g., syringes, cookers, condoms)

Take care of your skin to avoid skin breakdown from frequent cleaning.
- Use lotion, petroleum jelly, or whatever is available.
Safer Use
DURING COVID-19.

Take Care

• Wash your hands with soap and water, hand sanitizer or alcohol wipes for at least 20 seconds.
• Prepare your own drugs.

Do Not Share

• Needles or syringes (rigs), cookers, filters, joints, cigarettes, pipes, straws, bottles.
• Wipe equipment before use.

Be Space Aware

• Stay at least 2 metres (6 feet) apart.

Plan & Prepare

• Illness may change your tolerance to drugs. Using less or changing how you take them may help (e.g., swallowing instead of smoking).
• Stock up on supplies, equipment and naloxone.
• You may go into unplanned withdrawal. Talk to your health care provider or harm reduction agency about what you can do
• Stagger use with someone who can call for help if needed.
• The drug supply may change – start low, go slow.