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.

Visit drugsafe.ca or call the Addiction Helpline 1-866-332-2322 (24/7) for support.