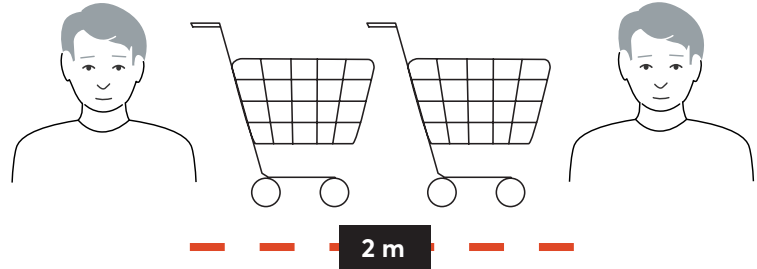


What you can do to PREPARE FOR COVID-19.

1

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.



2

Plan ahead

- Regular supply may be a problem, and sources may be different.



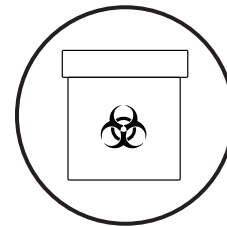
- Prepare for poisoning or withdrawal. Stock up on naloxone. Talk to your health care provider.

- Call friends who can get you what you need during isolation.

3

Stock up in case of isolation

- Have 14 days of supplies, like drugs and equipment, or other necessities.

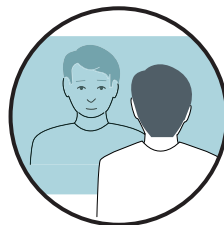


- Get a larger sharps container, or more smaller ones.

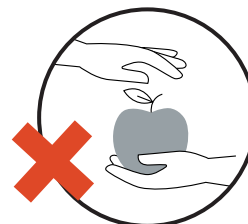
4

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.