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.
- The drug supply may change – start low, go slow.
- Stagger use with someone who can call for help if needed.

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